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FOOD MAGAZINE OF THE YEAR

HELLO GOOD TIMES!

Cheer-up recipes
and cocktails

Comfort
food from
James Martin

Speedy
midweek
Italian

WIN the chance
to be a top food
photographer

Plus...

- Best ever pancakes
- Vegetarian recipes from around the world
- Valentine's night with a difference

Pork shoulder
with cider and
demerara
baked apples

Bea
**better
cook**

- Get it right:
lining a pastry case
- Step by step:
doughnuts, chicken pho





It's easy as . . .

1



Hot water

2



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3



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Welcome to February

February is all about **comfort**. If you've been soldiering through an abstemious January, perhaps it's time to **reward yourself** – and in a way that combats the frosty mornings and dark evenings outside. **Revel** in soups and casseroles, focus on **memorable flavours**, add in the occasional **sweet treat** (don't we all deserve it?) and face the cold with **renewed vigour**. Surely spring isn't too far away...



Pea soup with gorgonzola dolce and ham hock

Central heating in a bowl

SERVES 4. HANDS-ON TIME 10 MINUTES

Heat **1 litre fresh chicken stock** in a pan, then add **650g frozen peas** and simmer for 5 minutes. Season with **salt and freshly ground black pepper**, then stir in **50g gorgonzola dolce**. Leave to cool, then whizz to a smooth soup with a stick blender. Heat through, taste and adjust the seasoning – you may want to add a **squeeze of lemon juice**. Garnish with a **handful of shredded ham hock** and a little more crumbled gorgonzola dolce, then serve with plenty of crusty bread on the side. Sigh... »

The kitchen is calling...



Have I mentioned I hate Valentine's Day? I really do. Largely because it's a hyped-up excuse for over-priced **flowers** and bad food in restaurants. Not to mention all the people **longing** for a card who don't get one – and the fact that if you don't have a partner it makes you feel like the one who's last to be picked for the sports team at school. As an **antidote** to the schmaltzy stuff, this month we're touting a different plan. We asked a keen cook to invite five friends over for a **Valentine's cook-off**. They split into three teams, each of which was given a bagful of surprise **ingredients** (chosen by us) that they had to conjure into one course as part of a menu. We were on hand to advise – and, apart from some cheeky **rule-breaking**, the results were **excellent**. Everyone sat down to eat at the end, then voted on the best course. Great fun; great recipes; all worth a try. See p60.

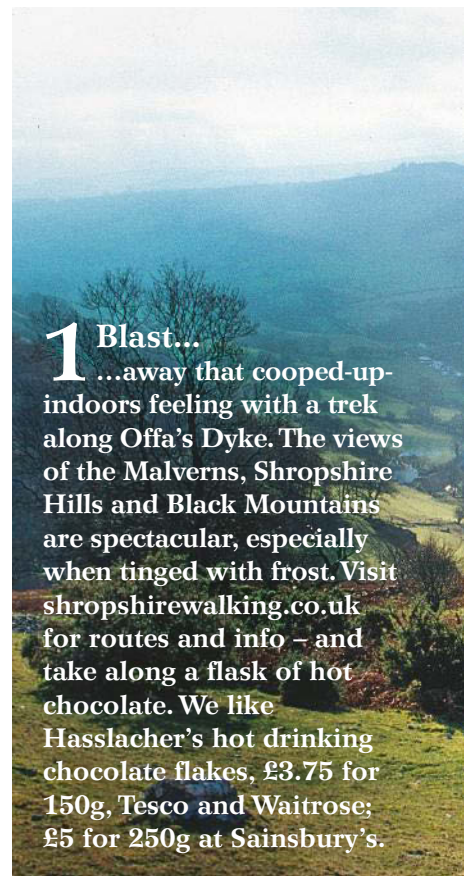
Apart from that, I wouldn't tell you to hit the bottle, but if you've been on the wagon in January, you might just find a reason to fall off it (**gently**) on p18. Meanwhile, stay warm... I recommend a bit of cooking.

Karen
Karen Barnes, editor



PS

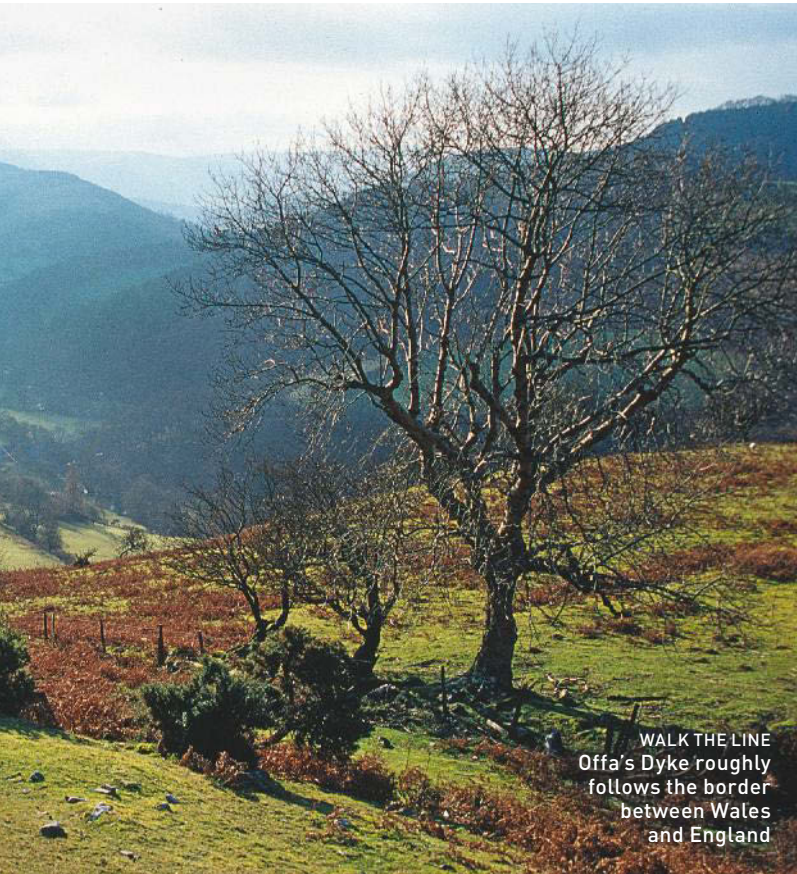
Turn to p83 for this month's special offer: take out a subscription to *delicious*. for just £32.50 – saving 34% – and get a box of scrumptious brownies for FREE!



1 Blast...
...away that cooped-up-indoors feeling with a trek along Offa's Dyke. The views of the Malverns, Shropshire Hills and Black Mountains are spectacular, especially when tinged with frost. Visit shropshirewalking.co.uk for routes and info – and take along a flask of hot chocolate. We like Hasslacher's hot drinking chocolate flakes, £3.75 for 150g, Tesco and Waitrose; £5 for 250g at Sainsbury's.



2 Read...
...*Food Unwrapped*, by Daniel Tapper, which examines how our food is produced. A gripping (but not always comfortable) read, it might change the way you think about cashew nuts – and much more. £14.99; Bantam Press, from good bookshops



FIVE GOOD THINGS TO DO IN... February

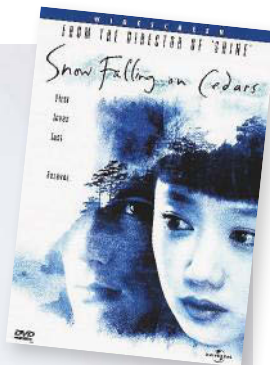


4 Make...

...a hot toddy to warm the cockles on frost-bitten days (it's also the most comforting cold remedy known to man). It's a great excuse to crack open a bottle of Stone's ginger wine. Our favoured recipe: warm together 25ml whisky (one you don't mind adulterating) with 25ml ginger wine, 50ml water, 1 tbsp runny honey, a star anise and a squeeze of lemon juice. Pour into a heatproof glass and serve with a cinnamon stick for stirring, in case you need to add extra honey.

3 Watch...

...a classic, compelling but often overlooked film: *Snow Falling On Cedars* (from £3.92 at play.com). Compulsory movie-time snack: macaroni cheese. Visit our new website for recipe inspiration: go to deliciousmagazine.co.uk and search 'macaroni cheese'.



5 Find out...

...about the revival of vermouth and be at the forefront of cocktail fashion. Learn how to infuse your own with citrus, spices or something more exotic like hyssop. Mele e Pere restaurant in Soho, London, is holding masterclasses on 9 February and 9 March. Classgoers sit at the beautiful copper bar in the downstairs restaurant, and the price includes excellent Italian sharing plates and drinks. £25 per person; visit meleepere.co.uk for details [a](#)

February Contents



60



53

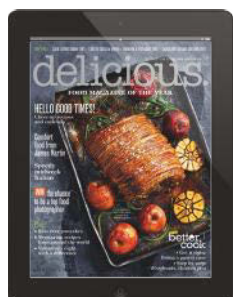


ON THE COVER

Shoulder of pork with cider and demerara-baked apples, p24
Recipe and food styling
Rebecca Smith
Photograph Gareth Morgans
Styling Jenny Iggleden

- 18 **HELLO GOOD TIMES!**
- 36 **COMFORT FOOD FROM JAMES MARTIN**
- 86 **SPEEDY MIDWEEK ITALIAN**
- 26 **WIN THE CHANCE TO BE A TOP FOOD PHOTOGRAPHER**
- 47 **BEST EVER PANCAKES**
- 78 **VEGETARIAN RECIPES FROM AROUND THE WORLD**
- 60 **VALENTINE'S NIGHT WITH A DIFFERENCE**
- 110,107 **STEP BY STEP DOUGHNUTS & PHO**

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YOUR RECIPE INSPIRATION

- 18 THE OFF-THE-WAGON MENU**
January abstinence is over. Crack open a bottle and make merry with these recipes
- 24 ROAST OF THE MONTH**
Perfect partners: shoulder of pork with cider and demerara-baked apples
- 28 SECRET STARS OF THE KITCHEN**
Get to know your winter onions with our eye-wateringly good recipes
- 36 JAMES MARTIN'S COMFORT FOOD**
The TV chef and northern charmer shares the dishes he likes to cook at home
- 42 TASTES LIKE HOME**
Chinese cookery tutor Jeremy Pang remembers his father's steamed scallops
- 47 WHY ARE PANCAKES SO SPECIAL?**
Breakfast, brunch or dinner, there's a disc of griddled goodness for every occasion
- 53 DEBBIE MAJOR'S BEST OF BRITISH**
Our rural cook heads to Yorkshire to discover the magic of forced rhubarb
- 60 VALENTINE'S DAY CHALLENGE**
Mix *Come Dine With Me* and *Ready, Steady, Cook* for a night everyone will love
- 68 EAT YOURSELF WELL: AYURVEDA**
It worked for Anjum Anand. Could it work for you? Try her healthy recipes
- 73 HEALTHY MAKEOVER**
Put creamy chicken korma back on the menu with a lighter, slimmed-down recipe

LET'S EAT! Great midweek meals

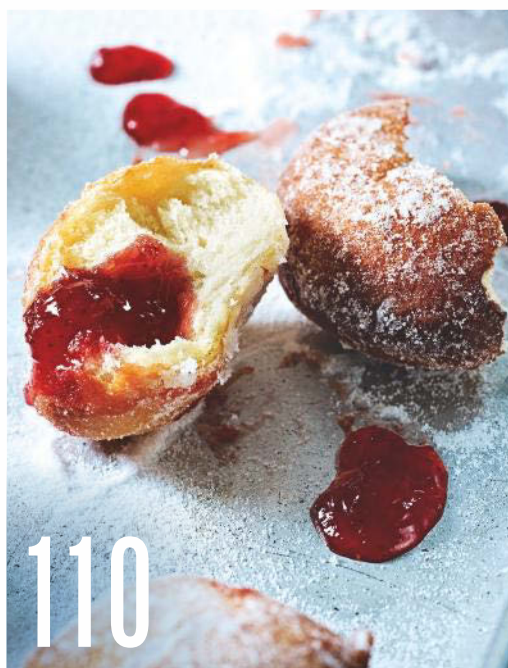
- 86 YOU CAN'T GO WRONG WITH ITALIAN**
Simple dishes with big flavours – enjoy the sound of plates being scraped clean
- 89 STORECUPBOARD SUPPER**
Enjoy no-shop cooking with our downloadable ingredients hotlist
- 91 STAR OF THE SEASON: CARROTS**
Not just a sideshow, these beauties have the power to transform dishes
- 94 THINNER DINNER**
Wow your palate with spicy chilli butter, tangy pickled veg and roast salmon
- 96 SHORTCUT SUPPER**
Sausages have never looked (or tasted) so good
- 97 THE GLUTEN-FREE SUPPER**
Warming Japanese flavours make a satisfying rice dish everyone can enjoy
- 98 FRIDAY NIGHT DINNER**
Celebrate the weekend with aromatic lamb cutlets and jewelled couscous

V IS FOR VEGETARIAN

- 78 THE WORLD ON A PLATE**
Sensational recipes from a globetrotting Scandinavian family
- 95 MEAT FREE MARVEL**
Enjoy the comfort of culinary central heating with a hearty celeriac gratin



28



110

BE A BETTER COOK

100 TIPS FROM OUR TEST KITCHEN

Techniques, tricks and know-how from the delicious. team and friends

104 BE A BETTER BAKER

Pâtissier Eric Lanlard perfects crisp pastry and shares his roquefort tart recipe

107 CHEF'S STEP BY STEP

Learn the secrets of Vietnamese chicken pho from chef Bobby Chinn

110 THE CHALLENGING ONE

Jam-filled, sugar-dusted doughnuts... You'll be licking your lips with delight

113 LOOSE ENDS

Clever ways to use up leftovers

READ ALL ABOUT IT

10 OUR INBOX

What's getting you excited this month?

13 FOR STARTERS

Events, trends and nibbles of knowledge

15 MY KITCHEN PINBOARD

Leon co-founder Henry Dimbleby recalls his favourite food memories

16 WISH LIST

The pick of the food-related items we've heard about this month

74 WHAT WILL WE BE EATING IN 2084?

Scientist Charles Spence looks into his crystal ball to see the menus of the future

82 CHEERS!

Susy Atkins picks wines at a range of prices and sips international whiskies

116 HUNGRY TRAVELLER

San Francisco is where food trends start, and the future's looking healthy...

123 GREAT ESCAPES

Getaway ideas for food lovers

129 THE BAKERY THAT CHANGES LIVES

The shortcrust redemption: how patisserie has helped prison inmates

130 THE RANT

Happy Apple Day? No thank you

TESTING 1,2,3...

114 UNDER THE MICROSCOPE

A slow/fast cooker, gluten-free baking course and Thai sweet chilli sauce

OTHER STUFF

11, 26 YOU COULD WIN...

A foodie weekend, plus the chance to do a cookery shoot for delicious.

83 SUBSCRIPTION OFFER

Save 34% and get a box of brownies

106 COMING NEXT MONTH

Spring is in the air

124 RECIPE INDEX

Your at-a-glance guide

128 FOOD LOVER'S CROSSWORD

Test your culinary know-how

THE delicious. PROMISE

RECIPES THAT WORK Every recipe is rigorously tested by our food team, using state-of-the-art Electrolux ovens, so you can be confident they work every time.

INGREDIENTS We aim to use easy-to-find seasonal ingredients. We'll tell you where to find any unusual ingredients and/or what to substitute them with.

We use higher-welfare meat supplied by The Ginger Pig (thegingerpig.co.uk)

✪ This symbol next to an ingredient means there are more ideas for using it on our Loose Ends page.

HONEST COOKING TIMES Unlike many magazines, our timings include prep such as chopping. Hands-on time is when you're chopping, stirring or frying. Oven/simmering time is when you can leave the dish in the oven or on the hob.

[v] Indicates a vegetarian recipe.



Whenever you see this symbol, you'll find useful information about the recipe.



This symbol means you'll find an option to freeze or chill part or all of the recipe in advance.

* Indicates you can freeze all or most of the recipe. Unless stated, freeze the finished dish for up to 3 months. Defrost and heat until piping hot.

NUTRITIONAL INFORMATION

Recipes are analysed for nutritional content by an expert nutritionist. They're calculated with precision but may vary, depending on the ingredients used. Calculations include only listed ingredients.

PRICES are correct at time of going to press.

deliciousmagazine.co.uk

Find 1,000s more recipes and techniques on our new website and join the delicious. online community



When we wanted to make a lighter granola recipe we went back to the field, not a lab. We found that adding some barley to our oats helped reduce fat by 30%*, that's why we've used it in both flavours of our delicious new Lighter Granola. It's the lighter way done right.

Why not pick up a pack and try it for yourself?

*30% less fat on average than other regular granolas

JORDANS
THE TASTIEST OATS, NATURALLY

LIGHT DONE RIGHT



Serving suggestion.

From our inbox...

STAR
EMAIL

This month's prize is six bottles of Champagne Taittinger Brut Réserve NV (RRP £38.99, widely available). Taittinger is the only leading champagne house to remain owned and actively managed by the family named on the label. The hallmark of its wines is the high percentage of chardonnay grapes used, giving the wines elegance and finesse.
taittinger.com

A full mainland UK delivery address and telephone number must be supplied. Entrants must be over 18. For full Ts&Cs, turn to p124



PRIZE!



TWEETS OF THE MONTH



@AliTin First ever chocolate fondant! Thanks @deliciousmag

@nutmegs_ seven January's @deliciousmag is my favourite yet.

Tearing out nearly all the recipes to keep

@JojoNicholas @deliciousmag The first batch of shortbread disappeared so quickly – had to make more



SUBJECT: Don't turn a blind eye FROM: Robert Silverwood

Thank you for printing Sheila Dillon's rant, 'The hidden costs in your weekly shop', in the January issue. My mum brought us up on very little money. She said she could make more with 1lb of mince than anyone else – she had to be imaginative, but we always had good food on our plates. All it takes is common sense to realise that when goods come too cheap, someone or something has suffered. It's easy to turn a blind eye to the reality of today's price-driven market, but we can all do our bit to change the situation if we have the will to do so.

SUBJECT: Winter blues banished FROM: Taliah Drayak

I've just purchased my copy of the January issue and, embarrassingly, I had to struggle not to drool on the cover as I carried it to the till. I was feeling uninspired until then, but your comfort food and chocolate pudding recipes have renewed my cooking mojo. Thank you.

SUBJECT: New Year's Eve success FROM: Helen Thompson

My boyfriend and I saw in 2015 in a cottage in York, made all the more special by our three-course dinner. The meal was rounded off by the amaretto and almond chocolate torte from the January issue (received early as I'm a subscriber) – it went down a treat and looked amazing on the dining table. Thank you for pulling out all the stops.

SUBJECT: delicious. for the whole family FROM: Alice Tudor

I was delighted to receive a subscription to delicious. for Christmas – as, it seems, were my entire family. Every turn of the page was met with cries of "Ooh, how do they flavour those?" and, "Do you know what would go well with that?" In the end I had to retreat to my room to read in peace! Thank you for a great magazine that appeals to and unites the whole brood.



WIN £50 OCADO VOUCHERS

For a chance to win £50 to spend at Ocado (voted by you as your favourite online supermarket), solve the cryptic clue on the magazine spine, then email your answer, with your name, full UK mainland address and phone number, to readers@deliciousmagazine.co.uk. Entry closes 28 February. See p124 for Ts&Cs.



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Tell us what you think of delicious. (good and bad) or send your tips, pics and queries to readers@deliciousmagazine.co.uk. Or write to us at: delicious. magazine, Eye to Eye Media Ltd, Axe & Bottle Court, 70 Newcomen Street, London SE1 1YT

WIN! A food lover's weekend

Enjoy two nights for two in historic Alnwick, with a course at the Outcook Home Cookery School

We've joined forces with Mereway Kitchens to offer the prize of a food lover's trip to the historic market town of Alnwick in Northumberland. The winner and a friend will receive vouchers for a course for two at the town's Outcook Home Cookery School, which offers fun, inspiring tuition and champions local produce. Classes are taught in the sleek Modern Classic Mereway kitchen and cover everything from bakery to butchery.

When you're done, stroll to the Hog's Head Inn, where you'll enjoy a two-night stay with dinner and breakfast. It's the perfect weekend for foodies!

MerewayKitchens

To enter, visit deliciousmagazine.co.uk/promotions and answer the question. For terms and conditions see p124. Mereway Kitchens are designed and crafted in Britain. Visit merewaykitchens.co.uk.

THE PRIZE FOR THE WINNER AND A GUEST INCLUDES...

- Cookery course(s) at the Outcook Home Cookery School up to the value of £120 per person*
- A two-night stay at the Hog's Head Inn with dinner and breakfast
- Train travel to Alnwick up to £130 per person



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For Starters

News, nibbles of knowledge and good things to do right now. Get it while it's hot...

THE LOVES & LOATHES OF TOM KERRIDGE



I heart...

SIMPLE FOOD, PROPERLY MADE

We're now enjoying food we used to eat just as fuel when we were growing up: burgers, pasties, fish and chips... People appreciate the importance of things like making a good batter, using sustainable fish...

GROWING VEGETABLES

Veg straight from the ground, washed and served, is fantastic. It's a new version of back to basics.

GREAT FOOD IN PUBS It's not just about Michelin stars. It's about getting great food in a relaxed environment, rather than a place with fruit machines and dank, smelly carpets.

I hate...

FORAGING FOR THE SAKE OF IT

I view fads and fashions with scepticism – although I admit that foraging has introduced some herbs and flavours that are worth rediscovering.

OFFAL I never liked it as a kid. That will never change.

OVERLY HUSHED DINING ROOMS The best restaurants, whether simple tapas bars or fine dining, are buzzy and friendly. My worst night out would be somewhere I'd have to wear a tie, spend £400 on a bottle of wine, whisper to my wife and get a tasting plate of kidneys.

• Tom presents *Food & Drink* on BBC Two each Friday

BUDDING CHEFS WANTED

Know a young chef in the making? Make sure they know about the Guild of Food Writers' annual Cook It! competition, in which young people aged 10-16 are challenged to make a show-off two-course meal for the judges. First prize is a week's self-catering holiday for the winner and their family on an organic farm in North Wales. For details and an entry form go to gfw.co.uk. The deadline for entries is 24 February 2015

IN THIS MONTH...



Auguste Escoffier (below), legendary French chef and author of *Le Guide Culinaire*, slurped his last soupçon on 12 February.

1935

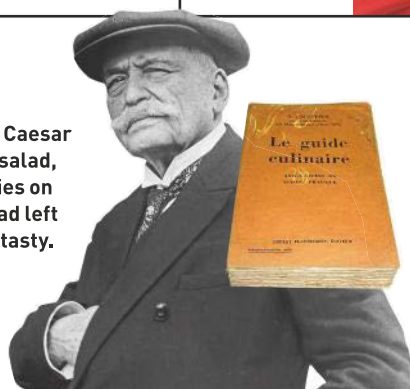


On Chinese New Year (19 February) the year of the goat begins. Orange citrus fruits are given as gifts. Why? Because the Chinese word for orange sounds like 'wealth' and their word for tangerine sounds similar to 'luck'.

2015

1896

Italian-American restaurateur Caesar Cardini, inventor of the caesar salad, was born. He was low on supplies on 4 July 1924 and used what he had left to make a dressing. The rest is tasty.



1965

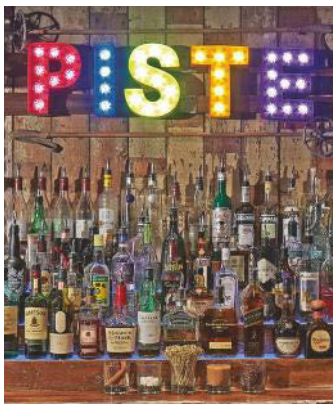
Canada adopted its maple leaf national flag. The country remains the biggest exporter of maple syrup, with Quebec alone accounting for three quarters of the world's supply.



Trendwatch

Comfort food

BY JAMES RAMSDEN, THE MAN WITH HIS FINGER
ON THE CAPITAL'S CULINARY PULSE



DIP IN, CLOCKWISE FROM TOP LEFT Fondue bar at Pont de la Tour; Duck & Waffle's 40th floor views; après-ski-alike in Soho; Piebury Corner



February is a miserable month. It's cold and wet and bisected by Valentine's Day.

Thankfully, just as James Martin and Jamie Oliver have new books lauding comfort food, London's restaurants are also doing their best to cheer us up with the gastronomic equivalent of slippers and a hot water bottle.

There's **Fischer's** (fischers.co.uk) in Marylebone and its Viennese-inspired menu, plump with schnitzel, strudel and other delights. And as delicious. reported last month, a slew of Alpine-inspired restaurants and pop-ups has appeared of late: **The Gun** pub in Docklands with its Off-Piste pop-up

(thegundocklands.com), Thames-side **Le Pont de la Tour's** winter fondue bar (lepontdelatour.co.uk) and Soho's après-ski themed **Piste** (archerstreet.co.uk).

There are few more comforting dishes than cheese on toast. Wine bar **Sager + Wilde** (sagerandwilde.com) in Hackney does a fine specimen, as does City restaurant **Duck & Waffle** (duckandwaffle.com) on its night-owl menu, with shredded ox cheek, onion jam, chilli sauce and a fried egg.

If in doubt, there's always pie, from the high-end creations at **Bob Bob Ricard** (bobbobricard.com) in St James's to the pie-and-pint at Holloway's **Piebury Corner** (pieburycorner.com), to keep out the chill. Comforting stuff.

Then & now

The UK's bestselling sweets haven't changed as much as you might think in 50 years

1960s

- 1 MARS BAR
- 2 CADBURY'S DAIRY MILK
- 3 WRIGLEY'S SPEARMINT GUM
- 4 MILKY WAY
- 5 POLO MINTS
- 6 KIT KAT
- 7 CRUNCHIE
- 8 WRIGLEY'S ARROWMINT GUM
- 9 ROWNTREE'S FRUIT PASTILLES
- 10 MALTESERS

Noughties

- 1 CADBURY DAIRY MILK
- 2 WRIGLEY'S EXTRA GUM
- 3 MALTESERS
- 4 GALAXY
- 5 MARS BAR
- 6 KIT KAT
- 7 CELEBRATIONS CHOCOLATES
- 8 QUALITY STREET
- 9 HARIBO SWEETS
- 10 CADBURY ROSES

DATES FOR YOUR DIARY

Feb & Mar

20-22 FEBRUARY Wakefield Festival of Food, Drink and Rhubarb, West Yorkshire If Debbie Major's recipes (p53) have turned you on to rhubarb, hit the Yorkshire rhubarb triangle to celebrate the glorious pink stalks. *Free entry; experiencewakefield.co.uk*

20 FEBRUARY TO 1 MARCH EAT! IN Festival, Newcastle The popular EAT! OUT summer festival is heading indoors, with secret Cuban supper clubs, food debates and 'immersive dining screenings' of The Great Gatsby and Indian film The Lunchbox. *Tickets range from £18-£89 depending on event; eatnewcastlegateshead.com*

21 FEBRUARY TO 1 MARCH Rye Bay Scallop Week, East Sussex Head to Rye, the pretty town fictionalised as Tilling in the recently televised Mapp & Lucia novels, and get shucking for a week-long festival of special restaurant menus, chef demos and other bivalve antics. *Ticket prices vary; scallop.org.uk*

7-8 MARCH Kendal Festival of Food, Cumbria A celebration of local produce with 80 food and drink stalls, street food and a showcase of local microbreweries. Speakers including Jay Rayner will keep crowds entertained, while live music and street theatre will get the streets buzzing. *Tickets from £10 adults, £8 children over 7; kendalfestivaloffood.co.uk*

Henry Dimbleby's kitchen pinboard

The chef and Leon co-founder draws inspiration from his Swallows and Amazons-style childhood and the exotic cooking of his mother



Well grounded in spices

My mum, food writer Josceline Dimbleby, was brought up in Syria and Peru, so we always had spices in the house. It's helped make my cooking big on flavour and quite exotic. Mum's first cookbook, *A Taste of Dreams*, is still my favourite.



"Mum, it's so embarrassing when you do the jazz hands!"



Henry (left) wins the angling contest by one fish

Favourite places: Devon...


You can catch the fish from the River Dart, there's samphire on its banks at Sharpham... I have so many happy childhood memories – an abundance of big family tables with a lot of people making a lot of noise at lunch... People are more important than food.



Hand-me-down recipes

I make lots of things Mum cooked. We often have roast cauliflower: you toss the florets in oil, turmeric, salt and pepper, then roast them hard so you get little crispy bits. It's delicious and the kids love it.

Childhood memory

Brown-bread ice cream, which we used to eat when I was growing up in Devon. Caramel-y, nugget-y, with chewy bits of bread – so unexpectedly good. 

...and Lebanon

The more dreamy choice. I have a friend who runs markets there and there's a little shack near his house on the Mediterranean where his friend cooks fresh fish. Her daughter dives into the water as you sit there and brings up sea urchins, right to your table.



Wish List...



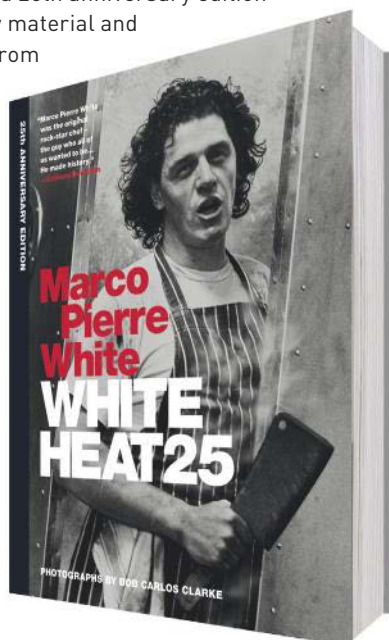
Every month, the delicious team are sent anything from 20 to 100 new products. We try them all: tasting, smelling the aromas, testing gadgets – and assessing whether they're up to scratch and good value for money. Only the very best make it onto these pages.

Karen

Karen Barnes, editor

Is this the most influential cookbook of modern times?

Chefs such as Tom Kerridge and Pierre Koffmann admit to being influenced by *White Heat*, an epoch-defining book in which the young, tousle-haired, tough-talking Marco turned cheffing into a seriously sexy activity – aided by edgy black-and-white photographs by the late Bob Carlos Clarke. Original hardbacks, published in 1990, sell for £85-plus on eBay – but Mitchell-Beazley is bringing out a 25th anniversary edition (£25), with new material and contributions from chefs such as Raymond Blanc and Gordon Ramsay. It's a kitchen comeback.



No 1 choice this month

Following on from the success of her ridged cream chinaware, Sophie Conran has just launched a new range, still with the characteristic ripples but adorned with blue designs inspired by traditional spongeware. The pieces include jugs, platters, mugs and plates, and they're all dishwasher, freezer and ovenproof. Love. *Sophie Blue China*, from £42 for four mugs; £46 for a platter (my favourite); sophieconran.com



Baking kit

Did you know Waitrose now sells bamboo banneton baskets for bread-proving? They're the ones that give the loaf the authentic concentric-ringed look and help dry the crust. It also sells granite stones on which to bake your shaped loaves... Put the stone in the oven to warm up before baking and it will deliver a hefty hit of heat to the base of your loaf, boosting the rise. Bread heads rejoice! *Proving basket, £10, and granite breadmaking stone, £15, available in 30 stores (call 0800 188884 for stockists)*



DRINK
OF THE
MONTH

Rustle up a G&T using **Bloom Gin**. Subtle hints of camomile and citrus permeate the flavour of this London dry gin created by master distiller Joanne Moore. It's being marketed as a drink for women because of its gentle flavours (pursed lips), but ignore that nonsense – it's a gin for anyone who likes good gin. £24, Sainsbury's and Waitrose



GADGET TEST

Instant Pot Lux60 A pressure cooker and slow cooker in one sounds like a useful space-saver – and it is. Both gadgets save energy, therefore money, so I was keen to put the Instant Pot through its paces. **THE VERDICT** First task: navigating the manual, which made it all seem dauntingly complicated. In fact, it's simple to choose between pressure and slow cook functions, and the Pot is great at both jobs. Last week it slow cooked a casserole and chutney and, back in November, pressure cooked my Christmas puds to perfection saving hours of steaming. It can sauté, too, so you can fry meat before slow cooking. No need for a separate pan; less washing up. The only fail was an attempt to cook a cake for the cookbook roadtest on p114. The top wouldn't cook, annoyingly, whereas it did in a regular slow cooker. £109.99, amazon.co.uk



For a sweet tooth...

It's a rare day that goes by without a chocolate bar being launched – or so it seems. Here are my top three newbies:

Green & Black's Organic Thin Bar in Mint Crisp Bigger but thinner – minty milk chocolate with snap. £2.29 for 100g, widely available



Seed and Bean Sicilian Hazelnut and Almond chocolate Like Nutella in a bar – in other words, it's dangerous! £2.49 for 85g from seedandbean.co.uk



Original Beans Edel Weiss White chocolate with no added vanilla flavouring, just the creamy taste of the Alpine milk used to make it. For each bar you buy, a tree will be planted in the depleted forests of the Congo. Around £3.95 for 70g at cocoarunners.com and natoora.co.uk



Hot on the shelves

1 Pancake perfection

On Shrove Tuesday, maple syrup is the icing on the pancake – but it's pricey. This mix of maple and carob fruit syrups, blended by Newport-based Clarks, is more affordable, if slightly runnier, than neat maple syrup, and the flavour is rich. £1.98 for 180ml, Asda, Tesco, Sainsbury's, Morrisons and Nisa



2 Spread the curd

Muddle into melting butter on top of a crisp, bronzed slice of granary or use to fill a meringue roulade along with whipped cream. This crystallised stem ginger curd is different – in a good way. £2.50 for 300g, Marks & Spencer



3 Bags of flavour

It's all very well being told kale is good for you, but if you don't like its cabbagey bitterness there's now a solution: Florette baby kale bagged salad is tender and gentler in flavour. Toss with toasted pecans, feta, avocado and a mustardy dressing for a healthy lunch. £1.29 for a 60g bag from Tesco and Sainsbury's



A heart for Valentine's – or any time

I'm not one for heart-shaped kitchen items (corny), but Staub's 20cm cast-iron flameproof cocotte (casserole dish) is pleasing – and it's one heart that won't break. £142, tinyurl.com/heartcocotte



Sharing platter featuring
pear, camembert and
prosciutto wraps, warm
tenderstem spears with lemon
vinaigrette (p20) and pickled
pepper & sherry croquetas

The off-the-wagon menu

RECIPES AND FOOD STYLING **LOTTIE COVELL** PHOTOGRAPHS **STUART WEST** STYLING **JENNY IGGLEDEN**

* Pickled pepper and sherry croquetas [v]

SERVES 6 (MAKES ABOUT 20 CROQUETAS).
HANDS-ON TIME 30 MIN, SIMMERING TIME
30 MIN, PLUS CHILLING

KNOW-HOW

Guindillas are Spanish peppers, pickled while still green. They're mild with a sour, salty taste. Buy the Fragata brand at Tesco, Waitrose and Ocado.

MAKE AHEAD

Make and fry the croquetas, open-freeze on trays, not touching, then store for up to 1 month in bags. Cook from frozen on a baking sheet in a 200°C/fan180°C/gas 6 oven for 15 minutes.

FOOD TEAM'S TIP For a bit of variation, use cured Spanish ham instead of the pickled peppers. Finely chop, then stir into the white sauce (in step 2) before chilling.

- 3 tbsp olive oil
- 1 shallot, finely chopped
- 100g pickled guindilla peppers, drained and finely sliced (see Know-how)
- 110g plain flour, plus extra to dust
- 60ml vegetable stock
- 280ml whole milk
- Pinch freshly grated nutmeg
- 40ml dry sherry, such as fino
- 2 medium free-range eggs, beaten
- 60g fresh breadcrumbs
- 2 litres sunflower oil for deep-frying

YOU'LL ALSO NEED...

- Digital probe thermometer

1. Heat the oil in a large saucepan, add the shallot and cook over a medium heat for 10 minutes or until soft but not coloured. Add the peppers and fry for 1 minute, then stir in 50g of the flour and cook for 5 minutes or until the flour is golden with a biscuity smell. Turn the heat down to low.

2. Combine the stock and milk, then add the liquid gradually to the flour mix, stirring all the time, until it forms a thick sauce that comes away from the sides of the pan. Season with salt, pepper and the nutmeg, then stir in the sherry until combined.

3. Spoon the thick béchamel sauce onto a large plate, cover with cling film and chill for 1 hour in the fridge.

4. Put the remaining flour, eggs and breadcrumbs each in separate bowls. Shape the sauce into walnut-size balls using floured hands. Roll in the flour, then the egg and finally the breadcrumbs, shaking off any excess each time. Chill for 30 minutes.

5. Pour the oil into a deep saucepan – to no more than half full – and heat to 175°C (measure it using a digital probe thermometer). Carefully

lower 3-4 croquetas into the oil using a slotted spoon and fry for 2-3 minutes until golden. Remove and drain briefly on kitchen paper. Repeat until all the croquetas are cooked, keeping them warm in a low oven. Serve immediately.

PER CROQUETA (FOR 20) 96kcal, 6.4g fat (1.2g saturated), 2.3g protein, 7g carbs (0.9g sugars), 0.1g salt, 0.1g fibre

WINE EDITOR'S CHOICE More bone-dry sherry (fino or manzanilla) is perfect to serve with this and the rest of the sharing platter (p20).»



“I’m all for easing back after Christmas and, like many others, I have a break from (or at least cut down on) alcohol during January. But if I’m honest, it’s a relief when February rolls round, meaning the self-denial is over and cheeky

smiles start to appear on people’s faces again. To celebrate, I’ve concocted a menu that revels in all the good things about winter – hearty flavours, comforting textures and, importantly, the complexity that only a slosh of something stronger than stock or water can give. I reckon it’s time to crack open a couple of bottles to go with it all, too...”

LOTTIE COVELL, DEPUTY FOOD EDITOR

Menu for six

SHARING PLATTER

- Pickled pepper and sherry croquetas [v]
- Pear, camembert and prosciutto wraps
- Warm tenderstem spears with lemon vinaigrette [v]

Seared duck breasts with ruby port sauce and celeriac purée, served with cavolo nero

Caramelised pineapple and coconut creams



Pear, camembert and prosciutto wraps

MAKES 6. READY IN 20 MIN

Wash, halve and core **2 ripe conference pears**, then slice each pear half into 3 wedges. Halve **6 prosciutto slices** lengthways, lay flat on a work surface, then put 1 pear wedge onto each, along with a **small slice of camembert cheese**. Roll up the prosciutto, then bake on a lined baking sheet at 180°C/fan160°C/gas 4 for 10-15 minutes until the ham is crisp and the pear is soft. **PER WRAP** 107kcal, 6g fat (3.3g saturated), 7.2g protein, 6.3g carbs (6.3g sugars), 0.4g salt, 1.6g fibre

Warm tenderstem broccoli spears with lemon vinaigrette [v]

SERVES 6 AS PART OF A SHARING PLATTER. READY IN 15 MINUTES

Blanch **250g tenderstem broccoli** in boiling water for 3-4 minutes, then drain and pat dry. Meanwhile whisk together **2 tsp dijon mustard**, **2 tsp caster sugar** and the **juice of ½ lemon** in a bowl. Slowly whisk in **6 tbsp extra-virgin olive oil** and season with salt and pepper. Serve with the warm broccoli to dip into the vinaigrette. **PER SERVING** 122kcal, 11.5g fat (1.7g saturated), 2g protein, 2.6g carbs (2.4g sugars), 0.1g salt, 1.5g fibre

- 50ml double cream
- 40g butter

FOR THE SAUCE

- 180ml ruby port
- 500ml fresh chicken stock
- 3 tbsp redcurrant jelly
- Finely grated zest ½ orange

1. Heat a frying pan over a medium heat, then toast the fennel seeds and peppercorns for 2-3 minutes until fragrant. Pound in a pestle and mortar to a coarse powder.

2. Score the skin of the duck breasts using a sharp knife: make diagonal cuts through the skin and fat but not into the flesh – the closer together you score, the more crisp the duck skin will get. Do this straight from the fridge (duck fat softens as it warms).

3. Mix the salt with the fennel and pepper, then rub into the scored skin. Chill for 30 minutes.

4. Meanwhile, peel and chop the celeriac into small, even chunks and put in a large saucepan. Pour over water to cover, bring to the boil, then simmer for 30 minutes or until tender. Drain and set aside.

5. Heat a large frying pan over a medium-high heat and, when hot, add the duck, skin-side down. Fry for 5 minutes or until the skin has browned and much of the fat has been rendered (melted). Transfer to a baking tray, skin-side up, until ready to use (see Make Ahead).

6. For the sauce, pour away most of the fat from the frying pan (keep any crispy bits). Add the port and stir well, scraping the bottom. Bubble for 3-4 minutes to reduce, then stir in the stock and redcurrant jelly. Simmer and reduce for 25-30 minutes until it's the consistency of single cream.

7. Meanwhile, heat the oven to 200°C/fan180°C/gas 6. Roast the duck breasts for 6 minutes for rare, 9 minutes for medium or 12 for well done, then rest for 15 minutes.

8. While the duck is in the oven, whizz the celeriac in a food processor or blender until smooth (or mash by hand). Spoon back into a pan with the milk, cream, butter and salt and »

* Seared duck breasts with ruby port sauce and celeriac purée

SERVES 6. HANDS-ON TIME 1 HOUR, SIMMERING TIME 1 HOUR, PLUS RESTING

KNOW-HOW

Cavolo nero is a variety of cabbage with long, dark, loose and bobbly leaves. It originated in Tuscany and is now being grown in Lincolnshire. It translates as 'black cabbage'.

MAKE AHEAD

Make the celeriac purée in advance and either keep covered in the fridge for up to 3 days or freeze for 1 month. The gravy will keep in the fridge for

5 days or in the freezer for 1 month. Prep and fry the duck breasts, then keep covered in the fridge overnight. Bring to room temperature before finishing them in the oven.

FOR THE DUCK

- 2 tbsp fennel seeds
- 1 tsp black peppercorns
- 6 free-range duck breasts
- 1 tbsp salt
- Steamed cavolo nero (see Know-how) or savoy cabbage to serve

FOR THE CELERIAC PURÉE

- 1kg celeriac (about 2 medium)
- 50ml whole milk

food for friends.

Seared duck breasts
with ruby port sauce
and celeriac purée,
served with cavolo nero





TEAM FAVOURITE

Rebecca Smith,
food editor

"On occasion I've been known to enjoy a clandestine piña colada, and these gorgeous little puddings play on those flavours. Not too sweet, not too rich... all that's missing is a paper umbrella."

NEXT MONTH

Raymond
Blanc's Easter
at home

pepper, then stir over a gentle heat to warm through.

9. Pour any juices from the rested duck into the sauce and stir in the orange zest. Bring the sauce back to a gentle simmer.

10. Slice the duck breasts crossways, then serve with the celeriac purée and sauce, with steamed cavolo nero (see Know-how) or savoy cabbage.

PER SERVING 534kcal, 27.6g fat (10.6g saturated), 6.7g protein, 12.7g carbs (11.6g sugars), 2.2g salt, 8.2g fibre

WINE EDITOR'S CHOICE A rounded, ripe red wine from the same region as port: Portugal's Douro Valley.

Caramelised pineapple and coconut creams

MAKES 6. HANDS-ON TIME 45 MIN, OVEN TIME 12 MIN, PLUS CHILLING



Make the brandy snap crumb up to 2 days ahead and keep in an airtight tin in a cool place. The creams can be made up to 3 days ahead. Chill, wrapped in cling film, in the fridge.

FOOD TEAM'S TIPS Take the puds out of the fridge about 30 minutes before eating to take the chill off

them and let the flavours shine.

If you have some caramel left over, warm it through and serve on the side, or serve over ice cream another time.

FOR THE CARAMELISED PINEAPPLE

- 200g caster sugar
- 40ml white rum (such as Bacardi)
- 300g pineapple, peeled and chopped into 1cm chunks

FOR THE COCONUT CREAM

- 60g caster sugar
- 6 medium free-range eggs yolks
- 4 gelatine leaves (we used Dr Oetker – if you use another brand, follow the instructions)
- 200ml full-fat coconut milk
- 300ml double cream
- Finely grated zest ½ lime

FOR THE BRANDY SNAP CRUMB

- 25g unsalted butter
- 25g demerara sugar
- 25g golden syrup
- 20g plain flour
- ¼ tsp ground ginger

YOU'LL ALSO NEED

- 6 short glasses, glass pots or small ramekins
- Large bowl of iced water

1. Start with the caramelised pineapple. In a saucepan, heat the 200g caster sugar over a low heat, letting the sugar melt, then turn up the heat and bubble to a golden caramel. Give the pan the odd shake but resist stirring until the sugar has dissolved, or sugar crystals may develop and make it lumpy.

2. Reduce the heat to low, then carefully add the rum a little at a time (it may spit), stirring all the time with a wooden spoon. The caramel may seize (harden) slightly but keep stirring over a gentle heat until it re-liquefies, then add the pineapple chunks. Simmer for 5 minutes, then spoon a 1-2cm layer of pineapple caramel into 6 glasses/pots/ramekins (see tips). Cool, then chill in the fridge for 30 minutes.

3. For the coconut cream, put the 60g sugar and egg yolks in

a bowl and whisk using a balloon whisk until combined. Put the gelatine leaves in a bowl and pour over cold water to cover. Leave to soak until soft (about 5 minutes).

4. Shake the coconut milk in its can, then measure out the 200ml into a saucepan and add the double cream and lime zest. Gently heat until just starting to steam, then remove from the heat. Carefully dip your finger in the cream; it should feel warm but not too hot.

5. Squeeze out the excess water from the gelatine leaves, then add to the pan of warm cream. Stir the gelatine into the cream until it has dissolved. Pour the warm cream on top of the egg yolk and sugar mix and whisk with the balloon whisk

6. Sit the bowl partially into another bowl of iced water, then stir gently so the creamy custard cools and thickens slightly. Strain through a sieve into a jug.

7. Gently pour the coconut custard on top of the pineapple caramel, sharing it equally among the glasses. Return the glasses to the fridge and leave to set for 4 hours (see Make Ahead and tips).

8. Heat the oven to 180°C/fan160°C/gas 4. For the brandy snap crumb, melt the butter and sugar with the golden syrup in a small saucepan over a low heat. Once melted, leave to cool for 2 minutes, then sift in the flour and ground ginger and stir to make a smooth batter.

9. Pour onto a baking sheet lined with baking paper, spreading out to the edges to form one large biscuit. Bake in the oven for 10-12 minutes until it's a deep golden colour, then remove and leave to cool.

10. When the brandy snap is completely cool, break it into small crumbs or pieces, then sprinkle some on top of the creams just before serving, putting any leftovers in a small bowl to serve on the side.

PER CREAM 657kcal, 41.5g fat (25.3g saturated), 8.1g protein, 60.1g carbs (56.2g sugars), 0.1g salt, 0.9g fibre

★ See Loose Ends for ways to use up coconut milk **A**

A couple of cocktails (EACH SERVES 6)

The best way to lift yourself out of the winter doldrums is to head for the tropics, drinks-wise...

TO KICK THINGS OFF Summer in February

This sparkling beauty from mixologist Aaron Hibbert will lift the collective mood instantly

● Put **30 frozen raspberries** (thawed), **150ml Passoa** (passion fruit liqueur, from Asda), **90ml fresh lime juice** and **3 tsp caster sugar** in a bowl, muddle together well, then add lots of ice and stir well. Fine-strain into a jug, then divide among champagne flutes and top with chilled **prosecco**.

TO FINISH IN STYLE Piña colada martini

It makes sense. After all, you'll have bought some of the ingredients already...

● Stir **300ml white rum**, **200ml coconut milk** and **200ml pineapple juice** in a bowl with lots of ice. Strain into chilled martini glasses, garnish with pineapple wedges and bask in the tropical sun.

food for friends.



Caramelised
pineapple and
coconut creams

Roast of the month

SHOULDER OF PORK WITH CIDER AND DEMERARA-BAKED APPLES

RECIPE AND FOOD STYLING **REBECCA SMITH** PHOTOGRAPH **GARETH MORGANS** STYLING **JENNY IGGLEDEN**



“Roast pork with apple sauce is a classic, but why bother making a sauce separately when simply roasting apples alongside the

meat gives the same effect – only with far more flavour? Their sweet juices mingle with the cider and demerara in this recipe, creating a knockout gravy, and the blushing skins look so beautiful next to the crackled magnificence of the pork. A boneless shoulder makes a great roasting joint because the fat keeps the meat moist and you get a whopping piece of crackling on top – which, as far as I’m concerned, is the whole point of roasting pork in the first place.”

REBECCA SMITH, FOOD EDITOR

NEXT MONTH

French chef
Raymond Blanc
roasts a rib of
British beef for
his Easter feast

SERVES 8. HANDS-ON TIME 25 MIN,
OVEN TIME 2 HOURS 15-20 MIN

KNOW-HOW When baking or roasting apples, score them all the way round the centre so they don’t burst open in the oven.

FOOD TEAM’S TIPS Choose good quality, firm apples. Bring the pork out of the fridge 3 hours before cooking. To guarantee perfect roast meat, we recommend using a digital probe thermometer to check the internal temperature.

- 2kg British free-range pork shoulder, boned and tied, skin scored for crackling (ask your butcher to do this; see tips)
- 300ml fresh chicken stock
- 200ml dry cider, plus an extra splash
- 1 tbsp demerara sugar
- Whole garlic bulb, halved across the middle
- Small bunch fresh sage leaves
- 8 eating apples (see tips)
- Roast potatoes and steamed greens to serve (optional)

1. Heat the oven to 180°C/fan160°C/gas 4. Rub salt all over the pork and put in a large roasting tin. Pour in the stock and cider, spoon the sugar around (keeping it off the pork skin), then add the halved garlic bulb and half the sage. Roast for 1 hour. Meanwhile, score a line around the middle of each apple with a small

knife (see Know-how). Add to the tin after the first hour of roasting.

2. Roast for another hour or until a digital probe thermometer pushed into the middle of the meat reads 65°C (see tips). Remove the apples and garlic from the tin to a plate, cover and keep warm. Remove the pork, then pour the juices into a pan, scraping in any stuck bits using a wooden spoon. Return the pork to the roasting tin, turn the oven up to 240°C/fan220°C/gas 9 and roast for 15-20 minutes until the skin is crackled and crisp. Remove from the oven and rest for 20 minutes.

3. Put the pan with the roasting juices over a medium heat, add the rest of the sage and bubble to reduce to a rich, slightly thickened sauce. Keep tasting – the trick is to stop reducing when you’re happy with the balance of flavours. Add in an extra splash of cider – it will give the sauce a lift. Serve the pork with the apples and sauce, with roast potatoes and steamed greens.

PER SERVING 405kcal, 10.4g fat (3.5g saturated), 56.7g protein, 19.9g carbs (18.9g sugars), 0.4g salt, 4.3g fibre

WINE EDITOR’S CHOICE Dry cider goes well here, as would an appley white chenin blanc or New World riesling. Or try a ripe Rhône red.

With thanks to the Ginger Pig for providing the beautiful pork joint for the photograph (thegingerpig.co.uk)



 For other impressive
roast recipes like
this one, go to [delicious
magazine.co.uk/roasts](https://deliciousmagazine.co.uk/roasts)

Could **YOU** be the next top food photographer?

Set up the lighting, dust the sensor and find your focus – there's a potentially career-changing opportunity to shoot for... You could win a top-of-the-range Nikon camera and lens, **PLUS** a cookery shoot for delicious. magazine!

Picture this... You're flicking through your copy of delicious. magazine, deciding which recipe to cook next, tastebuds tingling at the good-enough-to-eat images. You stop and scan the page for the photographer's credit. And there it is – your name and your pictures in a national food magazine. This is not a daydream. We've teamed up with respected camera brand Nikon to find hot new photography talent. It could be you...

HOW TO ENTER Are you an amateur photographer? A photographer's assistant? A blogger? Or simply a wannabe photographer? Anyone can enter – the only caveat is, you must never have had images published in print in the past. Before you take any pictures, read The Brief (right). Then select the pictures you want to enter and email your three photographs, along with your name, full address and phone number, to nikoncompetition@eyetoeyedia.co.uk by 13 March 2015.

THE TECHNICAL BIT Files must be 72DPI and between 1MB and 3MB. Images sent in an alternative format or different size will not be considered.

• For terms and conditions, see p124

HOW WE'LL CHOOSE THE WINNER All entries will be looked at and considered carefully, then whittled down to a shortlist of 30 for a judging session in April 2015. The winner will be notified shortly afterwards... Good luck!

THE BRIEF

If you love food and are full of creative ideas for how to capture it, we want to see your work. Don't be afraid to veer away from the photography styles you see in magazines and books – we're interested in your personal creative approach. Most importantly, the images need to draw in the

viewer, and the food must always be the star.

If you think you've got what it takes, send us three food photographs, each prop-styled and shot by you, following the brief below:

- 1 A still life of ingredients, with or without props, shot inside or out. The setting is up to you.
- 2 A close-up sweet dish. It can be in any setting:

plated, in a pan or dish, on a table... It could be a pudding, a cake, a pile of cookies... anything, as long as it's sweet.

3 A close-up savoury dish. Again, the setting is your choice, and it could be anything from a pie to a curry, soup or salad. Remember: the food needs to make the viewer want to dive into the pic and eat it.



competition.

Meet the judges



KAREN BARNES
Editor, delicious.



GARETH MORGANS
Regular delicious.
food photographer



MARK TAYLOR
Acting
art director,
delicious.



REBECCA SMITH
Food editor,
delicious.



NEIL FREEMAN
Training manager
at the Nikon School

Have you got what it
takes to take photos
as good as these?

THE PRIZES

Our winner will receive...


- Top-of-the-range Nikon D5300 digital camera
- 85mm precision lens
- Voucher worth £129 – the cost of a training course at the Nikon School

PLUS You'll be invited to photograph a food story for delicious. magazine



STATE-OF-THE-ART CAMERA KIT:

THE NIKON D5300 This stylish camera is an easy-to-use digital SLR that allows you to get creative with your photography. The 24.2 megapixel DX format captures stunning, sharp images, even in low lighting, and the vari-angle screen means you can shoot from exciting new viewpoints, which is particularly handy when photographing food. Plus, the built-in WiFi and GPS features mean you can instantly share your work through social media.

• To find out more, visit nikon.co.uk 

Secret stars of the kitchen...



“The cooks in my life have long enjoyed a healthy relationship with the onion family. I remember the aroma of bulbs of baking garlic that my mum would serve with bread to guests, my grandma’s championing of raw spring onion sandwiches, and the tang of fiery shallots in French dressing at almost every meal. Alliums are at the heart of most of the world’s cuisines, but this time of year, when they’re at their best and other pickings are slim, is the moment to give them centre stage. I hope my granny will forgive the omission of her sandwich – I’ll leave you to try that one for yourselves.”

REBECCA SMITH, FOOD EDITOR



RECIPES AND FOOD STYLING REBECCA SMITH PHOTOGRAPHS KATE WHITAKER STYLING DAVINA PERKINS



Leek and ham
hock gratin with
rösti topping, p30



TEAM

FAVOURITE

Karen Barnes,
editor

"The gratin is like being wrapped in a warm blanket, yet it's full of vegetables, and the savouriness of ham hock gives it substance. A wonderful dish."

* Leek and ham hock gratin with rösti topping

SERVES 4-6. HANDS-ON TIME 35 MIN, OVEN TIME 50 MIN

KNOW-HOW

Once you've grated the potatoes for a rösti, you need to cook them before they start oxidising (turning brown). Have your butter melted (step 4) and ready to cook before you grate the potatoes.

MAKE AHEAD

Make to the end of step 3 up to 2 days ahead, then cool, cover and chill. Or freeze for up to 1 month. Remove from the fridge or defrost to get to room temperature, then finish the recipe.

- 100g unsalted butter, plus extra if needed
- 6 leeks, cut into thirds
- 2 garlic cloves, crushed
- ¼ whole nutmeg, grated ☼
- 50g plain flour
- 500ml good quality fresh chicken stock
- 300ml whole milk
- 2 bay leaves
- 300g shredded British free-range ham hock (available ready prepared from supermarkets, or use shredded cooked ham)
- 25g parmesan, grated
- 800g floury potatoes (about 4 medium baking potatoes)

1. Melt 50g of the butter in a large sauté pan and add the leeks. Cook over a medium heat for 5-6 minutes, turning occasionally, until the leeks are lightly browned and golden all over. Remove the leeks, leaving the butter in the pan. Heat the oven to 200°C/fan180°C/gas 6.

2. Add the garlic to the butter and cook gently for a few minutes until fragrant. Grate in the nutmeg, then stir through the flour. Increase the heat to medium and cook, stirring, for 2-3 minutes – the mixture should be thick and paste-like. Gradually, in a thin stream, pour in the chicken stock, stirring constantly – the mixture should thicken quickly, then gradually thin out, but always stay thick enough to coat the back of a spoon. If it becomes too thin, stop

adding liquid and let it bubble for a minute. Once you've added all the stock, pour in the milk in the same way, but a little more quickly. You should end up with a glossy sauce with the consistency of double cream. Add the bay leaves and bubble for 2-3 minutes.

3. Put the leeks in a 1.5 litre ovenproof gratin dish and scatter with the ham. Pour over the sauce and top with the parmesan. Give it a gentle stir, then taste and season.

4. Melt the remaining butter in a pan and set aside (see Know-how). Peel the potatoes, grate coarsely, then put in the centre of a double layer of muslin or clean J-Cloth. Gather the cloth around and squeeze firmly to remove any excess water.

5. Tip the potatoes into a bowl, pour over the melted butter and some sea salt, then toss with your hands. Scatter over the top of the cheesy leeks and top with a bit more salt. Roast in the oven for 50 minutes. If the rösti browns unevenly, melt a bit more butter and brush it over.

6. When golden and bubbling, remove the dish from the oven, leave for 5 minutes, then serve with leaves.

PER SERVING (FOR 6) 410kcal, 20.7g fat (11.5g saturated), 23.3g protein, 33.7g carbs (5.4g sugars), 1.5g salt, 5.6g fibre

WINE EDITOR'S CHOICE Roll out a rich, full-bodied white Burgundy or Aussie semillon-chardonnay.

☼ For ways to use up nutmeg, see Loose Ends

Honey glazed shallots, griddled thyme flatbreads and cucumber-chilli yogurt [v]

SERVES 4 AS A LIGHT LUNCH. HANDS-ON TIME 40 MIN, OVEN TIME 30 MIN

KNOW-HOW

Dukkah is a coarse ground mix of toasted spices and nuts. Find it in larger supermarkets or delis – it's great on bread with olive oil, or scattered over salads or roasts.

FOOD TEAM'S TIP These open sandwiches make a great lunch. To make wraps that can be folded up,

make the flatbreads a little thinner and cook for 1-2 minutes less.

- 8-10 banana shallots, depending on size, halved lengthways
- 2 tbsp olive oil
- A few pinches paprika
- 3 tbsp clear honey

FOR THE GRIDDLED THYME FLATBREADS

- 250g self-raising flour, plus extra for dusting
- 250g Greek yogurt (we like Yeo Valley)
- ½ tsp baking powder
- 4 fresh thyme sprigs, leaves picked, plus extra leaves to serve

FOR THE CUCUMBER-CHILLI YOGURT

- 1 small cucumber
- 250g Greek yogurt
- 1 red chilli, finely chopped
- 1 tbsp extra-virgin olive oil
- Good squeeze lemon
- Small bunch fresh mint, leaves shredded
- Dukkah to serve (see Know-how)

1. Heat the oven to 170°C/fan150°C/gas 3½. Heat a griddle pan until it smokes. Toss the shallots in the oil with the paprika and some salt and pepper. Put cut-side down on the griddle pan for 2-3 minutes until char marks are visible, then turn and cook for 2-3 minutes more. Spread on a baking tray, cut-side up, and drizzle with the honey. Roast in the oven for 30-40 minutes until sticky and tender.

2. Meanwhile, make the flatbreads. Put the flour and yogurt in a large bowl with the baking powder and a generous sprinkle of salt. Scatter over the thyme leaves, then mix with a wooden spoon to form a rough dough. Tip out onto a lightly floured surface and knead until smooth. Divide into 4 equal portions, then roll or pat until each is around 1cm thick.

3. Heat the griddle over a medium heat and cook the flatbreads 2 at a time (there's no need to oil them) for 2-3 minutes on each side until slightly puffed and golden. Cool on a wire rack while you cook the others.

4. For the yogurt, halve the >>



season's eatings.

Honey glazed
shallots, griddled
thyme flatbreads
and cucumber-
chilli yogurt





Roast spring onion, potato and Spanish ham salad with sticky sherry dressing

cucumber lengthways, scrape out the seeds with a teaspoon (discard), then coarsely grate the flesh (no need to peel). Tip into a sieve and scatter with sea salt, then drain for 20 minutes, tossing occasionally. Squeeze out as much moisture as you can, then tip into a bowl. Add the remaining ingredients, except for the dukkah, and stir. Taste and season.

5. To serve, spread some yogurt over the flatbreads. Top with 4-5 shallot halves, scatter with dukkah and a few thyme leaves, then serve with any remaining yogurt on the side.

PER SERVING 462kcal, 16.9g fat (6.6g saturated), 14.1g protein, 64.4g carbs (19.3g sugars), 1.3g salt, 5.1g fibre

WINE EDITOR'S CHOICE The sweet hint here needs a medium-dry white such as an apple French vouvray.

Roast spring onion, potato and Spanish ham salad with sticky sherry dressing

SERVES 4. HANDS-ON TIME 30 MIN, OVEN TIME 20 MIN

MAKE AHEAD

Prepare the potatoes and spring onions and keep chilled for up to 2 days.

Make the dressing at the last minute, then combine everything and serve at room temperature.

- 2 bunches spring onions, trimmed and cut in half
- 4 tbsp extra-virgin olive oil
- 700g waxy potatoes (such as charlotte), cut into large chunks
- 200ml dark dry sherry, such as oloroso
- 2 tbsp clear honey
- 1 tbsp Dijon mustard
- 100g rocket leaves
- Bunch fresh basil leaves
- 60g Spanish jam (ibérico or serrano), torn into strips

1. Heat the oven to 170°C/fan150°C/gas 3½. Toss the spring onions in a bowl with 1 tbsp of the olive oil, lay out on a baking sheet and roast for 20 minutes or until golden and soft. Leave to cool slightly.

2. Meanwhile, put the potatoes into a pan of water, bring to the boil, then cook for around 15 minutes or until tender. Drain, then leave to steam dry and cool slightly in the pan.

3. While the potatoes are cooking, put the sherry in a small pan with the honey and simmer until reduced by two thirds. Stir through the mustard, then drizzle in the rest of the oil, whisking with a fork until emulsified (thickened). Taste, season.

4. Toss the spring onions with the potatoes, rocket and basil, then stir through the dressing. Transfer to a serving platter, scatter over the strips of ham and serve.

PER SERVING 372kcal, 13.7g fat (2.3g saturated), 8.8g protein, 40.1g carbs (11.9g sugars), 1.1g salt, 4.5g fibre

WINE EDITOR'S CHOICE It's got to be Spanish here and I love a young rosado (rosé) from Navarra or Rioja.

* Caramelised onion tart with walnut and parmesan crust [v]

SERVES 8. HANDS-ON TIME 1 HOUR, COOKING TIME 2 HOURS 45 MINUTES, PLUS CHILLING

MAKE AHEAD

Caramelise the onions up to 3 days in advance and keep chilled in the fridge. Make the pastry case 1 day ahead and keep in its tin, or wrap in cling film (in the tin) and freeze for up to 1 month. You can fill it and cook straight from frozen; it will defrost almost instantly in the oven.

FOOD TEAM'S TIP Ten onions is a lot to slice by hand, but the slices need to be quite thick – about 0.5cm. Any thinner and they'll disintegrate before they caramelize. Don't be tempted to use a food processor to slice them as the results won't be as good as by hand. >>



It's the slowly caramelised onions that make this tart so amazing



TEAM FAVOURITE

Les Dunn,
managing editor
"These peanuttty prawns were so good, I ate them all, which is why I'm the only team member qualified to comment. Sorry everyone. They weren't half good though..."

- 100g unsalted butter
- 10 large onions, sliced (see tip)
- 1 tbsp sherry vinegar
- 1 tsp soft light brown sugar
- 50g walnuts
- 30g parmesan (or vegetarian alternative), grated

FOR THE PASTRY

- 220g plain flour, plus extra to dust
- 110g unsalted butter, chilled, diced
- ½ tsp salt
- 2 free-range egg yolks, mixed with 3 tbsp chilled water

1. Melt the butter in a large pan, add the onions and toss to coat. Cook over a low-medium heat, partially covered and stirring often, for 1½-2 hours until pale golden and very soft.
2. Meanwhile make the pastry. In a mixing bowl, rub the flour, butter and salt together between your fingertips until the mixture has a sandy texture. Using a dinner knife, stir through the egg and water mixture to bring the dough together, then tip out onto a lightly floured surface and knead very briefly until smooth. Shape into a disc, wrap in cling film and chill for 30 minutes.
3. Heat the oven to 200°C/fan180°C/gas 6. Roll the pastry out on a floured surface to the thickness of a £1 coin. Use to line a 23cm fluted tart tin (see Tips From Our Test Kitchen). Roll a rolling pin over the top to cut off the excess pastry (save for any patching up), then freeze the pastry case for 5 minutes or put in the fridge for 20 minutes. Line the case with foil or baking paper, fill with baking beans/uncooked rice and blind bake for 20 minutes. Remove the beans/rice and foil/paper, prick the base all over with a fork, then return to the oven for 5 minutes or until the pastry is sandy coloured and crisp all over.
4. Add the sherry vinegar and sugar to the onions, then cook for another 15-20 minutes. Taste and season with salt, then leave to cool slightly.
5. Put the walnuts on a baking sheet and toast in the oven for 8 minutes or until golden. Leave to cool slightly, then whizz in a food processor to

fine crumbs (or finely chop). Toss with the cheese. Transfer the onions to the pastry case, flatten down slightly, then scatter over the walnut mix. Turn the oven down to 180°C/fan160°C/gas 4. Bake the tart for 20 minutes or until golden brown. Leave the tart to cool to room temperature before slicing. Serve with a bitter leaf salad, if you like.

PER SERVING 434kcal, 28.8g fat (14.6g saturated), 8.1g protein, 36.3g carbs (11.7g sugars), 0.1g salt, 5g fibre

WINE EDITOR'S CHOICE An English bottled beer such as IPA. If you want wine, choose an Alsace pinot gris.

Crispy garlic fried prawns with tamarind, chilli and peanuts

SERVES 2 AS A STARTER OR SUPPER. HANDS-ON TIME 25 MIN, SIMMERING TIME 15 MIN

KNOW-HOW

To butterfly shelled prawns, first shell them. Run a small, sharp knife down the centre of the back to make a shallow incision, then remove the dark intestinal tract with the point of the knife. If you want, do the same on the underside and pull out the bloodline (neither are harmful, but they can taste bitter).

- Handful unsalted peanuts
- 12-14 large sustainably sourced king prawns, depending on size
- Groundnut oil for frying, plus 2 tbsp extra
- 3 garlic cloves, 2 very finely sliced, 1 crushed
- Thumb-size piece fresh ginger, grated
- 1 red bird's eye chilli, finely sliced
- 2 heaped tbsp tamarind paste (from the world food section of large supermarkets)
- 1 tbsp fish sauce (available as above)
- ½-¾ tsp palm sugar (we like Thai Taste), to taste
- Small bunch fresh coriander, leaves roughly chopped
- Zest and juice 1 lime
- Steamed sticky rice to serve (optional)

1. Heat the oven to 180°C/fan160°C/gas 4. Tip the peanuts onto a baking tray and toast for 10 minutes or until lightly golden. Remove from the oven, leave to cool, then chop quite finely.
2. Meanwhile, shell the prawns. Pull the heads off, then crack the bodies between the legs. Peel off the shell, leaving the tail intact. Butterfly them if you want to (see Know-how).
3. Heat 2cm groundnut oil in a small saucepan. Once shimmering, drop in the sliced garlic. It should sizzle immediately – try with one piece first to check the heat. Cook the garlic for 2-3 minutes until lightly golden, then quickly remove from the oil with a slotted spoon and drain on kitchen paper. The garlic will crisp as it cools and will have a slight bitterness to it. Don't let it get too dark or it will taste very bitter.
4. Heat a frying pan or wok with the 2 tbsp oil over a medium heat. Once warm, add the crushed garlic, the ginger and chilli, then fry for 2 minutes or until fragrant. Add the tamarind, fish sauce and palm sugar, then cook for a minute or so. Add the prawns to the pan, toss them in the sauce, turn up the heat and cook for 2 minutes on each side or until pink all over and opaque in the centre.
5. When the prawns are cooked, add the coriander and most of the peanuts, then toss together. Let the coriander wilt for a few seconds off the heat, then serve the prawns scattered with the extra peanuts, crispy garlic and lime zest, with the lime juice squeezed over. Steamed sticky rice makes a great accompaniment.

PER SERVING 445kcal, 28.8g fat (5.6g saturated), 29.7g protein, 16.3g carbs (11.4g sugars), 2.3g salt, 0.2g fibre

WINE EDITOR'S CHOICE

An aromatic, exotic white, such as perfumed, melon and rose-tinted gewürztraminer, is a treat here. **d**

NEXT MONTH

Perk up your slow-cooked dishes with sharp, zingy toppings using flavours from around the world

THE
delicious.
WEBSITE IS
BRAND NEW!

You can find an extensive collection of seasonal recipes on our website. Visit **deliciousmagazine.co.uk**

season's eatings.

Crispy garlic fried
prawns with
tamarind, chilli
and peanuts





James Martin's BEST-LOVED COMFORT RECIPES

“Like most of us, I work harder now than I’ve ever done, with longer hours and more stress. After all those long days, there’s nothing I like more at the weekend than chilling out with a generous plate of comforting food. Here are the recipes I love to cook at home – the ones I turn to when away from the restaurant and TV studios.

We could all do with more home comforts, I reckon”

PHOTOGRAPHER YUKI SUGIURA FOOD STYLING JANET BRINKWORTH, DAVID BIRT AND CHRIS START



Sausage,
radicchio
and lemon
gnocchi, p40

* Double-baked old winchester soufflés [v]

SERVES 8 AS A STARTER OR LIGHT LUNCH.

HANDS-ON TIME 40 MIN, OVEN TIME

20-30 MIN

“Served with a salad and bread, these fluffy delights make a full meal. I came across old winchester cheese while making my TV show. It proves you can discover great things on your own doorstep.”



Old winchester is a Dutch-style hard cheese made in the New Forest by Lyburn Farmhouse Cheesemakers, using vegetarian rennet. It's sold in Waitrose, good cheesemongers and at lyburncheese.co.uk. If you can't find it, use a well aged Dutch gouda.

JAMES'S TIP These soufflés freeze really well and can be cooked for the second time from frozen (give them an extra 5 minutes in the oven). Pour over the sauce and sprinkle with cheese before baking.

FOR THE SOUFFLÉS

- 40g unsalted butter, softened, plus extra for greasing
- 40g plain flour, plus extra to dust
- 350ml whole milk
- 125g old winchester or other mature hard cheese, grated (see Know-how)
- 1 tsp dijon mustard
- 3 medium free-range eggs, separated

FOR THE GLAZE

- 150ml double cream
- 3 tbsp kirsch
- 100g old winchester or other mature hard cheese, grated

TO SERVE

- A dressed salad of bitter leaves, such as chicory, frisée and radicchio, and toasted walnuts

1. To make the soufflés, heat the oven to 180°C/fan160°C/gas 4. Grease the inside of 8 x 150ml ramekins with the softened

butter, then dust with flour.

2. Melt the butter in a large saucepan over a medium heat, then add the flour and mix well. Cook over a low heat for 2-3 minutes, stirring with a wooden spoon. Gradually whisk in the milk, a little at a time, stirring constantly to prevent lumps forming. Continue until all the milk has been added, then turn down the heat to very low and cook for a further 2-3 minutes until the mixture is very thick.

3. Add the cheese and mustard, then take off the heat and beat the egg yolks into the mixture. Season with salt and black pepper.

4. In a clean, dry bowl, whisk the egg whites to medium peaks (when you lift out the whisk the peaks will be fairly firm and only the tip will collapse over on itself). Carefully fold the egg whites into the soufflé mixture using a metal spoon or balloon whisk in a figure of eight movement. Divide the mixture evenly among the ramekins, then put them in a high-sided roasting tin.

5. Pour enough freshly boiled water into the tin to reach halfway up the sides of the ramekins, then carefully transfer the tin to the oven to bake for 15-20 minutes until the soufflés are risen and evenly coloured.

6. Remove the tin from the oven and set the ramekins aside for a few minutes. Run a knife around the edges of the soufflés, then turn them out into individual heatproof dishes.

7. For the glaze, heat the grill to medium-high. Whisk the cream and kirsch until combined, then pour over the soufflés. Scatter over the cheese, then grill until golden. Serve in their dishes or transfer to plates and serve with a dressed salad of bitter leaves and toasted walnuts, if you like.

PER SERVING 339kcal, 28.4g fat (16.8g saturated), 12.3g protein, 6g carbs (2.3g sugars), 0.7g salt, 0.2g fibre

WINE EDITOR'S CHOICE A dry English white wine, especially a slightly herbaceous bacchus. Or open a simple white bordeaux.



SO GOOD YOU
BAKE IT TWICE
Foolproof
cheesy soufflé

Lebanese spiced lamb flatbread

SERVES 8. HANDS-ON TIME 40 MIN,
OVEN TIME 5-10 MIN, PLUS RISING

“This is a recipe I’ve tweaked. It originally used chunks of lamb, but I changed it to mince to speed it up. Instead of bread I’ve used a pizza base, as I love my pizza oven in the garden. You can buy a pizza stone for your regular oven and heat it with the oven on full whack for a similar effect.”

KNOW-HOW

Baharat is a Middle Eastern spice mix, typically made with cumin, cinnamon, coriander, paprika, cayenne, black pepper, nutmeg and cardamom. Find it in larger supermarkets, or make your own by combining the spices to your own taste.

FOOD TEAM’S TIP This is a great pizza base recipe that you can top with whatever you want.

FOR THE PIZZA DOUGH

- 400g ‘00’ flour, plus more to dust
- 100g fine semolina flour
- ½ tsp salt
- 1½ tsp caster sugar
- 7g sachet fast-action yeast
- 325ml warm water

FOR THE TOPPING

- 1 tbsp vegetable oil
- 1 shallot, finely chopped
- 1 garlic clove, finely chopped
- 1 tsp ground coriander
- 1 tsp ground cumin
- 1 tbsp baharat (see Know-how)
- 500g British lamb mince
- 75g sultanas
- 300ml chicken stock
- 250ml natural yogurt
- 2 green chillies, finely chopped
- Leaves from 4 fresh mint sprigs
- Leaves from 16 fresh coriander sprigs

1. For the dough, put the flours, salt and sugar into a large bowl and stir. Mix the yeast with a little of the water in a jug to form a paste, then add the rest of the water to the jug so the yeast dissolves. Make a well in »



MADE FOR SHARING
Spicy flatbread
from the Levant

the centre of the flour and pour in the yeasted water, gradually mixing to form a soft dough. Tip out and knead on a lightly floured work surface until smooth and elastic.

2. Divide into 4 even pieces and roll into balls, then put on a tray, cover and leave to rise for 1 hour or until doubled in size.

3. Meanwhile, for the topping, heat a sauté pan, add the oil, shallot, garlic and spices, then fry for 2 minutes. Add the lamb and cook over a high heat, turning often and breaking up with a wooden spoon, until browned all over.

4. Add the sultanas and chicken stock and bring to the boil, then reduce the heat and simmer for 20 minutes or until the mince is tender and the stock has nearly all evaporated. Taste and season with salt and pepper, then leave to cool.

5. Heat the oven to as high as it will go. Put a heavy baking tray or pizza stone in the oven to heat up.

6. Roll each piece of dough out on a lightly floured surface into an oval or oblong about 20cm x 15cm, and about 5mm thick, then put onto an upturned floured baking tray. Cover the bases with the lamb mixture, then evenly scatter with the yogurt and chillies and some seasoning.

7. Slide the flatbreads onto the hot tray or stone (you may have to cook in batches). Bake for 5-10 minutes until golden and crisp. Scatter with the herbs and serve immediately.

PER SERVING 409kcal, 11.8g fat (4.7g saturated), 21.6g protein, 55.2g carbs (9.4g sugars), 1.1g salt, 2.7g fibre

WINE EDITOR'S CHOICE Juicy, highly fruity, vivacious reds such as young rioja or Chilean pinot noir work best with these lively flavours.

Sausage, radicchio and lemon gnocchi

SERVES 4. HANDS-ON TIME 45 MIN,
OVEN TIME 1 HOUR 30 MIN, PLUS COOLING

"A great chef mate of mine, Stephen Terry, runs a fab place called The Hardwick in Abergavenny, Wales. If it's a nice day, I often take one of the old cars for a spin and go there for lunch. This was a dish I saw Stephen make and it's so good, I've nicked it. It's clever cooking from a top-class chef, using just a hint of spice, but the lemon calms it down. Trust me, you'll like it."

- 50g unsalted butter
- 50g fresh white breadcrumbs
- 4 British free-range pork sausages, skins removed, meat roughly chopped
- 2 shallots, finely chopped
- 2 garlic cloves, finely chopped
- ½-1 tsp chilli flakes to taste
- 300ml chicken stock
- 1 large radicchio, cut through the root into wedges
- 1 tbsp olive oil
- 100ml double cream
- 25g capers, rinsed and chopped
- 2 tbsp roughly chopped fresh flatleaf parsley leaves, plus extra to serve
- Finely grated zest 2 unwaxed lemons
- 25g parmesan, finely grated

FOR THE GNOCCHI

- 4 large floury potatoes
- Olive oil for rubbing
- 4 tbsp rock salt
- 75g '00' flour, plus extra to dust
- 1 free-range egg yolk

1. Heat the oven to 170°C/fan150°C/gas 3½. To start making the gnocchi, rub the potatoes with oil, then place each one on a tablespoon of rock salt on a baking tray. Bake in the oven for 1½ hours or until tender. Remove from the oven and set aside.

2. While the potatoes are cooking, heat a small frying pan until medium-hot, add half the butter and, when it's foaming, fry the

breadcrumbs until golden and crunchy. Season with salt and pepper, then tip onto kitchen paper to cool. Set aside.

3. Next, make the sauce. Heat a frying pan until medium-hot, then melt the remaining butter. Add the sausagemeat, then fry until golden brown all over. Add the shallots, garlic and chilli flakes, then cook for 2 minutes. Pour in the chicken stock and simmer until it's reduced by half and the sausagemeat is cooked through. Keep warm.

4. Once the potatoes are cool enough to handle, cut them in half and scoop out the flesh, then pass through a potato ricer or sieve into a large bowl. To make the gnocchi, add the flour and egg yolk with some salt and pepper, then mix lightly with a wooden spoon or your fingertips until it forms a soft dough.

5. Tip onto a lightly floured work surface, divide into 4 even pieces and roll each into a long sausage. Cut into 2cm lengths and lightly pinch each in the middle.

6. Once all the gnocchi are cut, put them on a lightly floured tray and cover with a clean cloth. Boil a large pan of salted water and heat a griddle pan. Toss the radicchio wedges in the olive oil, then char on the hot griddle for 1 minute on each side. Put on a plate and keep warm.

7. Drop the gnocchi into the pan of boiling water. Cook for 2-3 minutes until they bob to the surface, then drain in a colander. Add the cream to the sauce, then the drained gnocchi, capers, parsley and lemon zest. Put back on the heat and simmer for 2 minutes.

8. Arrange the radicchio on a serving plate, then spoon the gnocchi and sauce over the top. Finish with the parmesan and a sprinkling of the crunchy breadcrumbs.

PER SERVING 711kcal, 43.4g fat (21g saturated), 20g protein, 61.2g carbs (4.2g sugars), 2.6g salt, 5.7g fibre

WINE EDITOR'S CHOICE A light, tangy, cherryish Italian rosso (red) hits the mark here. Go for a young, inexpensive chianti or bardolino.



£5 OFF JAMES'S BOOK

Recipes adapted from *Home Comforts* by James Martin (£20; Quadrille). To order a copy of the book for the special price of £15, including P&P, call 01256 302699 and quote the code CF5.

Cinnamon madeleines with winter-spiced caramel sauce

MAKES ABOUT 36 MADELEINES. HANDS-ON TIME 35 MIN, OVEN TIME 10-15 MIN

“Madeleines, a classic from France, require the correct moulds. Mine are old tins I ended up buying on an auction site, but you can get new tins that work better. I’ve done a nice twist on a caramel sauce here, but they’re just as good with chocolate sauce.”

MAKE
AHEAD

The batter can be made, covered and stored in the fridge for up to one day ahead of cooking. The madeleines can be kept in an airtight container for up to 2 days but are best on the day they’re made.

FOOD TEAM’S TIP Don’t overfill the madeleine tins in step 2 or they’ll come out shapeless.

FOR THE MADELEINES

- 225g unsalted butter, plus more for greasing
- 250g caster sugar, plus about 75g to dust
- 250g plain flour
- 1 vanilla pod, split, seeds scraped
- 2 tbsp clear honey
- 3 medium free-range eggs, lightly beaten
- ½ tsp ground cinnamon

FOR THE SAUCE

- 100g caster sugar
- 350ml double cream
- 1 star anise
- ½ cinnamon stick
- 25g unsalted butter

YOU’LL ALSO NEED

- 12 hole madeleine tins (3 ideally; but one’s fine – you can bake in batches; see James’s intro)

1. For the madeleines, heat the oven to 160°C/fan140°C/gas 3 and butter the madeleine tin(s).

2. Gently heat the 225g butter in a saucepan until just melted. Mix the 250g sugar and flour in a bowl, then

add the vanilla seeds (reserve the pod), honey and eggs. Whisk in the melted butter until you have a nice smooth batter. Spoon into the tins, only half-filling each indent. Bake for 12-15 minutes for larger madeleines, or 8-10 minutes for smaller, depending on your tin.

3. While the madeleines are still warm, put the sugar for dusting in a broad, shallow dish with the ground cinnamon. Roll the warm madeleines in the sugar to coat.

4. For the sauce, put the sugar into a pan and heat until a light golden

brown. Don’t stir the pan, but swirl it occasionally. Pour in half the cream and bring to the boil, stirring well.

5. Add the star anise, cinnamon, reserved vanilla pod and butter, then pour in the remaining cream and cook for 2-3 minutes until thickened and smooth. Strain through a fine sieve into a serving bowl or small jug. Serve the madeleines with the sauce.

PER MADELEINE 180kcal, 11.6g fat (7.2g saturated), 1.5g protein, 17.7g carbs (12.7g sugars), trace salt, 0.3g fibre **a**

NEXT MONTH

Can you ever have too many chicken recipes? Diana Henry thinks not...



MEMORIES ARE
MADE OF THESE...
Light-as-a-feather
madeleines

Tastes like home “I FEEL LUCKY TO HAVE BEEN GIVEN THE GIFT OF COOKING”

Jeremy Pang was inspired by his family's love of cooking – now he's fulfilling his dad's long-held dream of becoming a well-known chef



“Cooking is in my blood. My mum's family were professional bakers and my dad came from a long line of chefs and restaurateurs in Hong Kong. Dad trained hard to become a pharmacist, but above all else he loved to cook, and harboured a not-so-secret dream to

become a famous chef. He always questioned whether he'd made the right decision in choosing to study rather than carry on my grandma's restaurant and takeaway business. Sadly, he passed away in 2009.

Around that time I was working for an electronics company in London, but Dad, knowing I loved cooking as much as he did, was baffled as to why I hadn't pursued a career in the food industry. Truth is, I was buying some time to come up with a good idea! In one of those strange twists of fate, I was made redundant on the day of Dad's funeral.

I started planning School of Wok that same year. Now, all Dad's dreams of being a celebrity chef are opportunities I'm being offered. I'm living his dream – and it feels great. Before he died, Dad would come to the UK for a week or two each year for meetings and he'd spend as much time as he could at my place, cooking. This dish reminds me of my dad's Chinese culinary skills, which came so naturally to him, and which inspire many of the dishes I cook today.”
School of Wok is in London's Covent Garden (schoolofwok.co.uk). This year, Chinese New Year is on Thursday 19 February.

Steamed scallops with garlic and vermicelli

SERVES 2 AS A STARTER.
HANDS-ON TIME 20 MINUTES

“I love scallops. Their flavour can be accentuated by ingredients such as chilli sauce, but don't add too much or it will mask their natural sweetness. This recipe is a bit like a game of Jenga, stacking as much into a scallop shell as possible. It's not a traditional Chinese New Year dish, but it's a simple, slightly luxurious starter that's fit for the occasion.”



Mung bean vermicelli noodles (also called bean thread, cellophane or glass noodles) are made from mung bean starch. Find them at Asian supermarkets or at souschef.co.uk. Otherwise, use regular vermicelli noodles, but reduce the soaking time according to the pack instructions.

The chilli oil used here is Asian chilli oil, not chilli-infused extra-virgin olive oil, which has a different flavour. We like Lee Kum Kee Chilli Oil, from Asian supermarkets. If unavailable, heat 50ml groundnut oil with 1 tsp dried chilli flakes until just smoking. Cool, then strain before use.
FOOD TEAM'S TIP Very large scallops may take a little longer to cook. To check they're done, carefully slit open the centre of one to make sure it's opaque.

- 50g nest mung bean vermicelli noodles (see Know-how)
- 6 fresh king scallops with roe (ideally diver caught), cleaned, plus 6 scallop shells (ask your fishmonger)
- 5 garlic cloves, finely chopped

- Finely sliced spring onions to serve

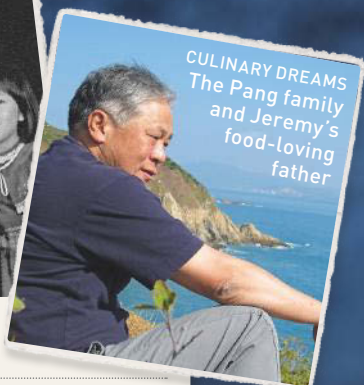
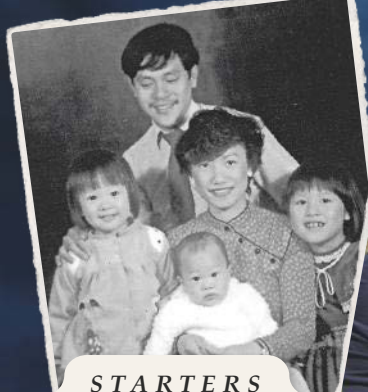
FOR THE DRESSING

- 1 bird's eye chilli, finely chopped
- 10g fresh ginger, finely chopped
- 2 garlic cloves, finely chopped
- 30g fresh coriander, roughly chopped
- 1 spring onion, finely chopped
- 1 tsp Asian chilli oil (see Know-how)
- 1 tbsp hoisin sauce
- 2 tbsp light soy sauce
- 1 tbsp dark soy sauce
- 2 tsp sugar
- 1 tsp toasted sesame oil

YOU'LL ALSO NEED...

Steamer big enough to fit the scallop shells

1. Soak the noodles in boiling water for 10 minutes (see Know-how). Drain, then use scissors to cut them into 6 equal portions.
 2. Put a portion of noodles in each scallop shell, followed by a scallop and ½ tsp of the chopped garlic.
 3. Put the scallops and shells inside the steamer, then cook for 5-8 minutes until the scallops are opaque and cooked through (see tip).
 4. Meanwhile, combine the dressing ingredients in a bowl or jug, then transfer to a small serving bowl.
 5. Serve the scallops drizzled with the dressing, with sliced spring onions scattered over.
- PER SERVING** 185kcal, 2.7g fat (0.5g saturated), 11.7g protein, 25.6g carbs (6g sugars), 2.9g salt, 0.3g fibre
WINE EDITOR'S CHOICE Open a chilled bottle of brightly fruity, modern riesling from Australia or Chile. **a**



STARTERS

NAME Jeremy Pang

RECIPE Steamed scallops with garlic and vermicelli

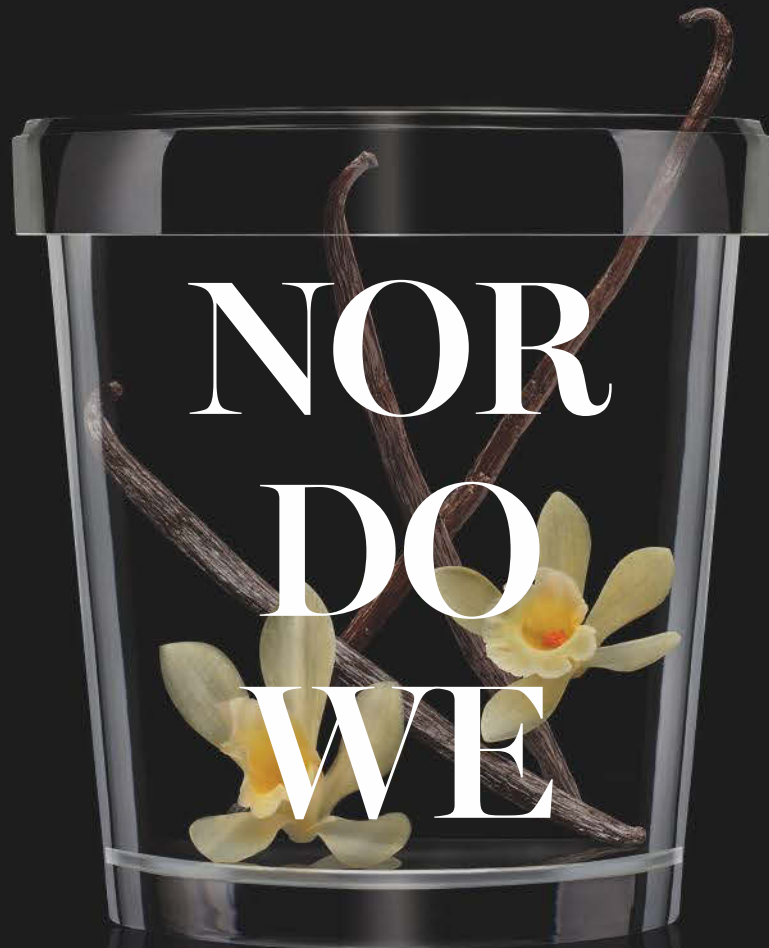
SERVE WITH Extra dressing on the side

PASSED ON BY Jeremy's dad, Hiu Ming



LOVE
DOESN'T
NEED MANY
INGREDIENTS





*Great vanilla ice cream only needs 5 ingredients - real milk
& cream, eggs, sugar & vanilla. So, that's all we use.*



NOTHING IS BETTER THAN REAL



IGNITE A BOWL OF PASTA

NEW



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What makes pancakes *so irresistible?*

These discs of griddled goodness are the go-to hunger-stoppers of cuisines the world over. Sweet or savoury, eaten for breakfast, lunch or dinner (or in between), there's a pancake to suit every mood. Turn the page for four of the best, inspired by recipes from around the globe »

American-style
buttermilk pancakes
with crispy bacon,
avocado and coriander-
chilli oil, p48

RECIPES REBECCA SMITH
PHOTOGRAPHS TOBY SCOTT
FOOD STYLING LIZZIE KAMENETZKY
STYLING WEI TANG

US-STYLE: A WORLD-BEATING BREAKFAST (OR BRUNCH)

Served in diners from Connecticut to California and cooked in just about every household in between, a stack of pancakes smothered in butter is the stuff of waking dreams. A pinch of science know-how helps to create a light, properly risen, fluffy-centred pancake. As Harold McGee writes in *Keys to Good Cooking*, to make 'especially delicate pancakes' you should use yogurt or buttermilk instead of milk or water, as thicker liquids need less flour. To lighten things further, we've whisked the egg whites until airy, then gently folded them into the batter before it goes into the hot pan.

American-style buttermilk pancakes with crispy bacon, avocado and coriander-chilli oil

SERVES 4-6. HANDS-ON TIME 30 MIN, OVEN TIME 20 MIN



You can make the coriander-chilli oil up to a day ahead (minus the water) and keep it chilled (it might lose a little of its vibrancy, but it will still taste great).

FOR THE PANCAKES

- 150g self-raising flour
- ½ tsp cream of tartar
- 1 tbsp caster sugar
- 2 large free-range eggs, separated
- 284ml carton buttermilk
- 12-16 British free-range smoked streaky bacon rashers
- Knob of butter for frying
- 2 avocados, sliced and tossed in a little lime juice
- 200g feta, crumbled

FOR THE CORIANDER-CHILLI OIL

- 1 red chilli, finely chopped
- Bunch fresh coriander, leaves roughly chopped, stalks finely chopped
- 100ml extra-virgin olive oil
- Juice 1 lime

1. To make the pancakes, mix the flour, cream of tartar and sugar in a bowl with a large pinch of salt. Make a well in the centre, then drop in the

egg yolks and mix. Slowly pour in the buttermilk, stirring constantly, until you have a smooth, thick batter.

2. Heat the oven to 200°C/fan180°C/gas 6. Put the bacon on a foil-lined baking sheet and cook, turning once, for 15-20 minutes until crisp. Turn the oven right down once it's cooked to keep it warm.

3. Meanwhile, make the oil: put the chilli, coriander and extra-virgin olive oil in a food processor and whizz until you have a bright green, red-flecked mixture. Season and add the lime juice. If it's too thick to drizzle, add a couple of tablespoons of water. Set aside (see Make Ahead).

4. When the bacon is nearly cooked, whisk the egg whites to soft peaks in a mixing bowl. Gently fold into the batter, starting with a heaped tablespoonful, then continuing in thirds. The batter should be airy.

5. Heat a large non-stick frying pan. Put a knob of butter on a piece of kitchen paper, then wipe over the pan. The butter should be incredibly thin in the pan – you don't want any sizzling puddles. Drop heaped tablespoons of the batter into the pan, spreading them out slightly with a spatula. Cook over a medium heat for 1-2 minutes, lift up the bottoms to check they're golden, then flip them and cook on the other side for 2 minutes. Put on a plate and keep warm in the oven while you use up the batter. You should have around 12 small pancakes in total.

6. Stack the pancakes on serving plates, then top with the bacon, avocado and feta. Spoon over a little of the coriander-chilli oil, then serve with the rest of it on the side.

PER SERVING (FOR 6) 572kcal, 43.6g fat (13.3g saturated), 21g protein, 24.4g carbs (6.1g sugars), 3.2g salt, 3.3g fibre

Indian masala dosas with spiced coconut potatoes [v]

SERVES 4-6. HANDS-ON TIME 30 MIN, FRYING TIME 30 MIN



Make the spiced potatoes, then cool, cover and chill overnight. Reheat in a

microwave or on the hob to serve.

FOOD TEAM'S TIP Traditional Indian dosas are a laborious affair. This is our cheat's version. It's very thin, which makes it easy to get the paper-like pancakes you want, but it will take time and patience to get them golden on the underside. Keep the heat medium-low – the pancakes are only cooked on one side and need to cook all the way through without the bottom burning.

FOR THE SPICED POTATOES

- 4 baking potatoes (around 800g), cut into small chunks
- 2 tbsp groundnut oil, plus extra (if needed)
- 1 tbsp mustard seeds
- 1 tbsp cumin seeds
- 2 tsp fennel seeds
- 1 red onion, finely chopped
- 2 garlic cloves, crushed
- Thumb-size piece fresh ginger, grated
- ½ tsp ground turmeric
- Pinch cayenne pepper
- 1 tsp ground coriander
- Handful fresh or dried curry leaves
- 1 green chilli, finely chopped
- 2 large handfuls desiccated coconut, soaked for 30 minutes in cold water, then drained
- Juice 1 lime

FOR THE DOSAS

- 60g plain flour
- 60g chickpea (gram) flour
- ¼ tsp bicarbonate of soda
- Groundnut oil for frying

TO SERVE (OPTIONAL)

- Natural yogurt and fresh mint

1. Cook the potatoes in boiling water for 3-4 minutes until just firm when pierced with a sharp knife. Drain and steam dry in the pan.

2. Heat a large frying pan with a generous glug of groundnut oil. Add the mustard, cumin and fennel seeds, then cook over a medium heat, swirling the pan every so often, until the spices smell fragrant and the mustard seeds begin to pop.

3. Add the onion and fry for 5 minutes. Add the garlic, ginger, turmeric, >>

favourite food.

DOSAS: THE BEST SNACK

Vegetarian cooking is an art form in southern India, and these ultra-thin griddled pancakes are a favourite snack food throughout the region. Vendors compete with one another to see who can make the biggest, crispest, thinnest dosas. Recipes vary, but the most traditional way of making dosas is to make a batter from rice flour and black gram (chickpea) flour, which is left to ferment, then cooked on a flat iron griddle called a tava.

Indian masala dosas
with spiced coconut
potatoes



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cayenne and coriander, then fry until the spices smell rich and fragrant.

4. Add the potatoes to the pan with the curry leaves, green chilli, drained coconut and a splash of water to bring everything together. Cook for 5 minutes, stirring often and adding a little more water or oil if the mixture looks a bit dry. The potatoes should be almost completely broken down when ready. Squeeze over the lime juice, then cover the pan with a tight-fitting lid or foil and leave somewhere warm (or see Make Ahead).

5. To make the dosa batter, put the flours in a bowl with the bicarb and a good pinch of salt. Slowly whisk in around 300ml cold water with a balloon whisk to make a very loose and liquid batter.

6. Heat a 30cm frying pan over a medium heat, drizzle in a splash of oil and wipe it all around the pan with a piece of kitchen paper. When the pan is quite hot, add around 50ml batter, immediately swirling it so it covers the base of the pan very thinly (don't worry if you don't get an exact circle – you should have seen what some of our first attempts looked like!). Cook over a medium-low heat for around 8 minutes or until the top is dried out and the bottom is a pale golden colour (see tip). The edges should be crisp and wafer thin, and there should be tiny air bubbles all over the pancake.

7. Put a few spoonfuls of the potato mixture down the centre of the pancake, then roll up and slide onto a serving board or plate. Keep warm while you use up the remaining batter and potatoes, then serve with minted natural yogurt, if you like.

PER SERVING (FOR 6) 293kcal, 14.4g fat (6.1g saturated), 7.3g protein, 36.7g carbs (2.9g sugars), 0.2g salt, 6.1g fibre

Caramel crepes suzette

SERVES 4. HANDS-ON TIME 45 MIN



Make the caramel the day before, then chill, cover and keep somewhere cool

overnight. Add the oranges and heat through just before serving.

You can make the crepes in advance, too: cool, stacked up between sheets of baking paper, then keep covered in the fridge overnight. Microwave on medium for 30 seconds to warm, then fold and continue with the recipe.

FOOD TEAM'S TIP If you're planning on flambéing the crepes, we recommend using 30ml brandy in the sauce in step 3. Use the remaining 10-20ml to flambé.

FOR THE CREPES

- 125g plain flour
- 1 medium free-range egg, beaten
- 250-300ml semi-skimmed milk
- Vegetable oil for frying

FOR THE CARAMEL SAUCE

- 200g caster sugar
- 1 vanilla pod, split, seeds scraped (reserve the pod)
- 40-50ml brandy
- 3 oranges, peeled and segmented, juice reserved
- Small knob of butter
- Cream or crème fraîche to serve

1. To make the crepes, put the plain flour in a large mixing bowl, make a well in the centre and add the egg. Stir through with a balloon whisk, then, still stirring, slowly pour in the milk until you have a thin batter the consistency of single cream.

2. Heat a medium frying pan over a medium heat, drizzle in a small amount of oil and wipe it around the base with kitchen paper. Drop a

small ladleful of the pancake batter into the pan, swirling so it evenly coats the base in a thin layer. Cook for 2 minutes or until the underside is golden, then flip over and cook on the other side for another minute or so. Remove to a plate, then repeat with the remaining batter. Stack the crepes between layers of baking paper as you go. Once you've cooked them all (you should have around 8), fold into quarters and set aside.

3. To make the sauce, put the caster sugar, vanilla seeds and pod in a heavy-based pan with 200ml cold water. Heat gently until the sugar melts. Raise the heat and bring the mixture up to a rapid boil, then cook until you have a rich, deep golden caramel. Remove from the heat and, working quickly, add the brandy (see tip), orange juice and butter, then swirl the pan over a low heat to melt any solidified caramel (be careful as it will spit). When the sauce is rich and combined, stir through the orange segments.

4. Warm a large frying pan on the hob. Pour in the sauce and oranges, then layer the folded crepes on top. Warm through for a minute or so, to let the crepes soak up some sauce. If you'd like to flambé the crepes, take the pan to the table, pour a little more brandy into a ladle and light with a long match, then carefully pour over the crepes (see tip). Serve with cream or crème fraîche.

PER SERVING 490kcal, 10.8g fat (3.1g saturated), 8.3g protein, 86g carbs (63.3g sugars), 0.2g salt, 3.9g fibre >>

CREPES: THE SWEETEST ENDING

The origin of crepes suzette had been hotly contested, but food historian Alan Davidson set the record straight in *The Oxford Companion to Food*. Turns out the dish was first made in 1889 at Restaurant Paillard in Paris, and was named for an actress in the Comédie-Française who played the part of a chambermaid serving pancakes. The original recipe was alcohol free, but there's something incredibly nostalgic about the boozy, combustible version so closely associated with Julia Child (it's worth searching YouTube to watch her perform some classic pancake theatre). The dish may be retro, but we reckon it's time for a flambé revival.

favourite food.

Caramel crepes
suzette



favourite food.

Farinata with
rosemary and
olive oil

Farinata with rosemary and olive oil [v]

SERVES 8-10 AS A NIBBLE WITH DRINKS.
HANDS-ON TIME 15 MIN, OVEN TIME 10 MIN,
PLUS 10 MIN RESTING



Make the batter up to 8 hours ahead, then cover and leave somewhere cool.

Skim the froth from the surface before cooking.

- 150g chickpea (gram) flour
- 2 tbsp extra-virgin olive oil, plus 4 tbsp for frying and extra for drizzling
- ½ tsp baking powder
- 1 tsp salt
- 4 fresh rosemary sprigs, leaves picked
- Sea salt for sprinkling

1. Put the flour, 2 tbsp oil, baking powder and salt in a mixing bowl. Using a balloon whisk, stir through 300ml cold water to form a loose batter. Rest for 10 minutes, then skim the froth from the surface (or see Make Ahead).

2. Heat the oven to 240°C/fan220°C/gas 9. Heat a 20cm heavy-based, ovenproof frying pan on the hob. Add 2 tbsp extra-virgin olive oil and, when it shimmers, pour in half the batter. It should sizzle like Yorkshire pudding batter. Once the edge is set, turn the heat down a bit. When the mixture begins to bubble, scatter over half the rosemary leaves, then continue to cook on the hob until the sides begin to turn golden.

3. Transfer the pan to the oven and cook for 10 minutes or until the pancake is golden and crisp at the edge, with a soft centre. Flip it out of the pan, scatter with sea salt and drizzle with a little more oil. Repeat with the remaining batter.

4. Cut the pancakes into slices and serve warm, or leave to cool to room temperature (but we think they're much better warm).

PER SERVING (FOR 10) 107kcal, 7.4g fat (1g saturated), 3g protein, 7.2g carbs (0.4g sugars), 0.6g salt, 2.1g fibre **a**



TEAM FAVOURITE
Susan Low, deputy editor
"These salty little nibbles are slightly soft in the centre, which makes for a particularly moreish morsel."

FARINATA: THE APPETITE-WHETTER

Socca, farinata, cecina, pannelle, panisse... All these chickpea-flour creations are variations on a theme. Genoa, capital of Liguria on Italy's north-west coastline, is said to be the home of this crisp savoury pancake, but there are equally tantalising variations all over the western Med and beyond, from Tuscany to Palermo and from Nice to Gibraltar, all brought to trading ports by Genoese seamen. There are even versions in Uruguay and Argentina, brought to South America by Ligurian emigrants. In Nice, socca is a typical street food that's meant to be devoured while still finger-burningly hot, straight off the wood fire. The Ligurian version is less crisp, with a slightly squidgy centre, and luxuriates in local olive oil. It's a recipe that's easily adapted with herbs, onions or cheese, but there's one constant – farinata cries out for a cold glass of white wine.

DEBBIE MAJOR'S BEST OF BRITISH COOKING WITH OUR FINEST PRODUCE

Rhubarb

This month's assignment takes our roving cook to West Yorkshire, where she meets one of the few remaining growers of super-early, silkily tender forced rhubarb. Then it's back home to cook up recipes that herald the flavours of the coming spring

RECIPES AND FOOD STYLING DEBBIE MAJOR PHOTOGRAPHS ANDREW MONTGOMERY STYLING POLLY WEBB-WILSON



“February can be a bleak month for local produce, with little other than roots, brassicas and onions. But there’s one winter ingredient that, for me, signals the imminent arrival of spring: long, slender, Barbie-pink stalks of forced rhubarb.

Until the early 19th century, rhubarb was only grown outdoors in spring. Legend has it that the practice of forcing it (depriving the root stock of light, forcing it to grow earlier) was the result of an accident in London’s Chelsea Physic Garden. A few young rhubarb plants were covered with soil by workmen digging a ditch. Later, so the story goes, delicate pink stalks of rhubarb grew, which had superior flavour.

We cooks know that the best forced rhubarb comes from the so-called Rhubarb Triangle in West Yorkshire – an area of just 9 square miles between Wakefield, Morley and Rothwell. Before World War II, it was in its heyday. In growing season, 200 tons were sent nightly to London on a train dubbed The Rhubarb Express.

After the war, when foreign fruit imports picked up, the pink crop fell out of favour. Today, there are only a dozen producers left. Yet as a result of serious campaigning, which saw forced rhubarb achieve PDO (Protected Designation of Origin) status in 2010, demand is on the increase.

I so love the colour and sharp flavour of rhubarb, I decided a trip north was in order. I paid a visit to D Westwood & Son, one of the few growers still in operation, to find out how this wonderful fruit is grown and what makes it so special. ”

FOOD HERO D Westwood & Son

“Rhubarb comes from Siberia, so it prefers a cold climate,” says Jonathan Westwood (below), head of the family farm in Thorpe, which was started by his great-great-great grandfather in the mid-1800s. The nearby Pennines provide a frost pocket, and the *terroir* is unique in other ways too: “The soil was enriched with the soot from factory chimneys and there was manure from the working horses. Later on, the coal to heat the forcing sheds came from the mines. And wool waste, known as shoddy, is still the only fertiliser we use.”

After two hard frosts, Jonathan and his team move the two-year-old rhubarb crowns (root stock) from the fields into the long, low, black wooden sheds, where

they’re left in darkness for three weeks to start growing. As the plant struggles to find light, it grows as tall as it can, producing long, thin stems with hardly any leaf. “If it’s quiet in the shed,” says Jonathan, “you can hear popping as the stalks push out from the bud.”

During the December-to-April harvest, the pickers enter the dark sheds, each holding a candle on the end of a spike. “We have to move fast, before the light encourages the rhubarb to bend or produce too much leaf,” says Jonathan. The pale-pink stalks are sweet, tender – and worth the effort.

To buy forced rhubarb from Thorpe Lane Farm, call 01924 822314. It’s also sold UK-wide in Morrisons, Waitrose and Tesco



Debbie's recipes

Rhubarb and vanilla Jonathan

SERVES 6-8. HANDS-ON TIME 30 MIN,
OVEN TIME 50 MIN

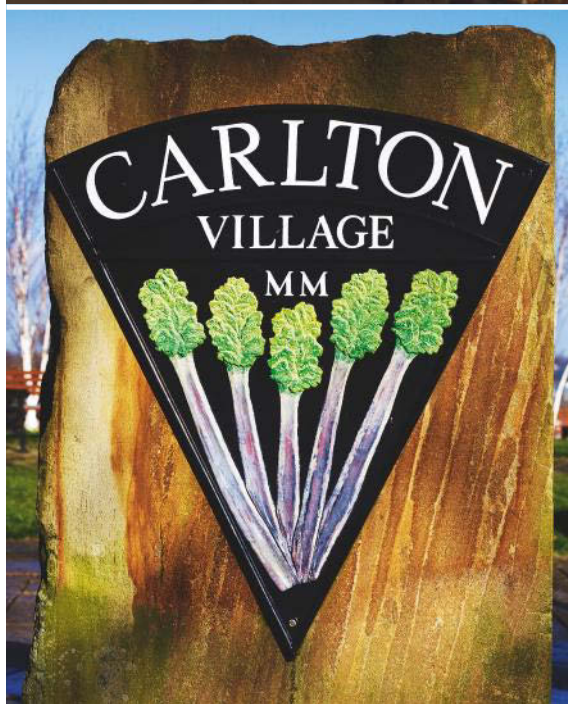
"I've dedicated this pudding to the estimable rhubarb farmer Mr Westwood (opposite). It's a simple, fruity sponge pudding that you can make with any seasonal fruit – peaches and nectarines are good in summer. Rhubarb's best, though. It's ideal for serving after a Sunday roast – with cream, of course."

- 1 vanilla pod
- 300g caster sugar
- 2 tbsp plain flour
- 1kg forced rhubarb (trimmed weight)
- 115g lightly salted butter, softened
- 2 medium free-range eggs
- 150g self-raising flour
- 1 tsp vanilla extract
- Pinch salt
- 3 tbsp milk
- Icing sugar for dusting
- Cream or custard to serve

1. Heat the oven to 180°C/fan160°C/gas 4. Slit the vanilla pod open lengthways and scrape out the seeds with the tip of a knife into a mixing bowl (save the pod for later). Add 185g of the sugar and mix them with your fingertips, then stir in the plain flour. Wipe the rhubarb stalks clean, cut into 5cm pieces, then add to the bowl and toss to coat. Leave for 20 minutes, stirring now and then, until all the pieces of fruit are coated in sticky sugar/flour mix.

2. Spoon the fruit over the base of a shallow 2 litre baking dish (the shallower the dish, the quicker the sponge will cook). It will look like quite a lot of fruit, but don't worry – it collapses during cooking. Cut the reserved vanilla pod into 4 pieces and poke them in amongst the rhubarb. Cover and bake for 15 minutes. >>

Rhubarb and
vanilla Jonathan



WITH SPECIAL THANKS TO... Welcome to Yorkshire (yorkshire.com), who helped arrange our stay at Oulton Hall hotel, an 18th-century former mansion near Leeds. Two-night winter breaks cost from £142.80 B&B for a double. Visit qhotels.co.uk

3. For the sponge topping, beat the butter and remaining 115g sugar in a mixing bowl with a wooden spoon (or with an electric mixer) for about 5 minutes until light and fluffy. Beat in the eggs one at a time, adding a tablespoon of the self-raising flour with the second egg. Beat in the vanilla extract. Sift over the rest of the flour and pinch of salt, then gently fold in along with the milk using a metal spoon, trying to keep the mixture as light as possible.

4. Remove the dish of rhubarb from the oven, discard the vanilla pod pieces and drop small spoonfuls of the sponge mixture roughly over the top of the fruit. Don't worry about a few gaps; these will fill in as the sponge rises and cooks.

5. Bake for about 35 minutes until the sponge is cooked through and crisp and brown on top. Remove the dish from the oven and leave to sit for 10 minutes. Dust the top with a little icing sugar and serve hot with cream or custard.

PER SERVING (FOR 8) 319kcal, 14.1g fat (8.1g saturated), 5.3g protein, 43.8g carbs (27.8g sugars), 0.6g salt, 3.3g fibre

Warm white chocolate rice pudding with rhubarb & passion fruit compote

SERVES 4. HANDS-ON TIME 30 MIN, SIMMERING TIME 45 MIN

"Some brands of white chocolate are cloyingly sweet. Buy a good quality white chocolate, flavoured with a little vanilla if possible – it will make all the difference to the taste of the finished pudding. I like using Green & Black's, which is widely available."



Make the rhubarb and passion fruit compote up to 3 days in advance and chill in the fridge, covered.

- 500ml full-fat creamy milk (ideally Gold Top)
- 150ml single or double cream
- 50–65g caster sugar to taste
- 100g short grain pudding rice

- 100g good quality white chocolate, broken into small pieces (see Debbie's introduction)

FOR THE COMPOTE

- 3 large oranges
- 1 large lemon
- 100g caster sugar
- 600g forced rhubarb (trimmed weight), wiped clean, then cut into 2.5cm pieces
- 4 ripe, wrinkly passion fruit

1. For the rhubarb and passion fruit compote, pare 3 strips of zest from half of one orange and 3 strips from half the lemon, then squeeze out the juice from all of the citrus fruit. Put the orange and lemon juice, sugar and pieces of citrus zest into a shallow pan and bring to the boil. Add the rhubarb and simmer gently for 5–7 minutes until it's just tender – it should still be holding its shape.

Lift it carefully with a slotted spoon into a shallow serving bowl. Strain the syrup, then remove and discard the zest. Return the syrup to the pan and boil until reduced to 100ml.

2. Meanwhile halve 3 of the passion fruit and scoop the pulp into a sieve set over a bowl. Rub the juice through the sieve, discard the seeds and stir the juice into the citrus syrup. Pour this back over the rhubarb and keep warm if you wish, or chill until needed. Halve and remove the pulp from the last passion fruit and set aside.

3. For the rice pudding, put the milk, cream, sugar and rice into a pan, bring to the boil and leave to simmer for 25–30 minutes, stirring regularly and making sure it's not catching on the base of the pan, until the rice is tender and the mixture is thick and creamy. Remove from the heat and stir in the white chocolate. Cover the pan and leave to rest for 5–10 minutes. Divide the warm rice pudding among bowls and serve topped with the rhubarb compote and reserved passion fruit pulp.

PER SERVING 515kcal, 21.9g fat (13.4g saturated), 10.4g protein, 70.3g carbs (60g sugars), 0.3g salt, 3.5g fibre

Rhubarb and walnut crisp

SERVES 4–6. HANDS-ON TIME 20 MIN, OVEN TIME 50 MIN

"This is like a crumble, but with less topping and more fruit. The trick with the rhubarb is the addition of a little flour, which helps to thicken the juices into a sauce as it cooks, keeping the topping good and crisp."

- 100g walnut pieces
- 100g plain flour, plus 3 tbsp
- ½ tsp ground cinnamon
- 80g lightly salted butter
- 50g demerara sugar
- 1kg forced rhubarb, trimmed and wiped clean
- Pared zest ½ orange
- 1 tbsp finely grated fresh ginger
- 175g caster sugar
- Clotted cream to serve

1. Heat the oven to 190°C/fan170°C/gas 5. Spread the walnuts over a baking tray and roast for 4 minutes until they have darkened slightly and smell nutty. Leave to cool, then coarsely chop by hand.

2. For the topping, sift 100g of the flour and the cinnamon into a bowl, then rub in the butter until the mixture looks like coarse breadcrumbs. Stir in the demerara sugar and chopped walnuts.

3. Cut the rhubarb into 2.5cm pieces and put into a mixing bowl. Cut the pared orange zest across into small, thin pieces that resemble pine needles, then add them to the rhubarb with the grated ginger, caster sugar and the remaining flour. Mix together well and set aside for 15–20 minutes, stirring now and then, until the fruit is covered in a moist, sugary-floury mixture.

4. Spread the fruit in a shallow 2 litre ovenproof dish and sprinkle over the topping. Bake in the oven for 45 minutes until the rhubarb is tender and the top is golden brown. Serve with clotted cream.

PER SERVING (FOR 6) 457kcal, 22.9g fat (8.2g saturated), 6.4g protein, 57.4g carbs (39.6g sugars), 0.2g salt, 4.9g fibre >>

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Jonathan harvests the stalks by candlelight once they're the length of an arm; Debbie preps them for her take on rice pudding (bottom)



country cook.

Rhubarb and walnut crisp

* Slow-roast rhubarb with pistachio cake

SERVES 10-12. HANDS-ON TIME 40 MIN,
OVEN TIME 2 HOURS 40 MIN, PLUS COOLING

“This is a magical way of cooking rhubarb. The pieces stay beautifully intact instead of disintegrating into mush and the pink colour becomes gorgeously enhanced. You can serve the cake and the roasted rhubarb warm if you like, or leave them to cool first. If serving warm, you’ll need to gently heat the rhubarb in the hot oven just before serving.”



Make the pistachio cake up to 2 days in advance and keep well wrapped somewhere cool, or freeze for up to 1 month, well wrapped in cling film and foil.

FOOD TEAM’S TIP If you’re short on time, you can add the pistachios without boiling and skinning them. You’ll have a slightly more textured but equally wonderful cake. You can also find nibbed pistachios, which are already skinned, in some Middle Eastern shops. They’re bright green and make beautiful decorations. They freeze well so it’s worth stocking up when you find them.

FOR THE SLOW-ROASTED RHUBARB

- 800g forced rhubarb (untrimmed weight)
- 1 large orange
- 250g caster sugar

FOR THE CAKE

- 200g shelled unsalted pistachios
- 100g plain flour
- 1 tsp baking powder
- 100g ground almonds
- 3 large free-range eggs
- 250g caster sugar
- Finely grated zest 1 large orange
- ½-1 tsp rosewater
- 125ml extra-virgin olive oil
- 100g lightly salted butter, melted and cooled
- Icing sugar for dusting

TO SERVE

- Good quality pistachio ice cream (I like Antonio Federici, from larger supermarkets)

1. For the rhubarb, heat the oven to 110°C/fan90°C/gas ½. Wipe the rhubarb stalks clean, trim off the ends and cut into 5cm long pieces. Peel 3 wide strips of zest from the orange and cut them across into pine needle-like shreds, then squeeze the juice from the orange.
2. Arrange the rhubarb pieces in

a large shallow roasting tray and scatter over the orange zest and sugar. Squeeze over the orange juice. Cover the tin tightly with foil and bake for 1½ hours. Remove from the oven, uncover and carefully pour the released juices into a pan. Boil rapidly for 5-6 minutes until slightly reduced. Cool, then pour back over the rhubarb. Chill if you wish.

3. For the cake, turn up the oven to 160°C/fan140°C/gas 3. Put the pistachios into a pan of boiling water and simmer for 8 minutes. Drain, then wrap in a clean tea towel and rub to loosen the skins. Remove the nuts, picking off any stubborn pieces of skin. Spread on a baking tray and bake for 10-12 minutes until dry but not browned. Cool, then grind in a food processor until quite fine. Add the flour and baking powder and grind to an even finer mixture. Stir in the ground almonds.

4. Grease and line a 23cm loose-bottomed cake tin with non-stick baking paper. Put the eggs and sugar in a large bowl and whisk with an electric mixer for 5-7 minutes until thick and moussey. Whisk in the orange zest and rosewater. Reduce the speed and slowly drizzle in the oil, then the melted butter, around the edge of the mixture, waiting for each addition to be mixed in before adding the next. Retain as much volume as you can in the mix.

5. Gently fold in the ground pistachio mixture with a metal spoon, then pour into the prepared tin and lightly level the top. Bake for 50 minutes or until a skewer pushed into the middle comes out clean. Leave to cool in the tin for 10 minutes, then remove and leave to cool on a wire rack if you wish (see introduction). Dust lightly with icing sugar, cut into slices and serve with the rhubarb and scoops of pistachio ice cream.

PER SERVING (FOR 12) 427kcal, 28.9g fat (7.3g saturated), 9g protein, 30.6g carbs (24.2g sugars), 0.3g salt, 1.6g fibre

NEXT MONTH

Debbie heads to Suffolk to meet a fisherman extraordinaire

Rhubarb vodka

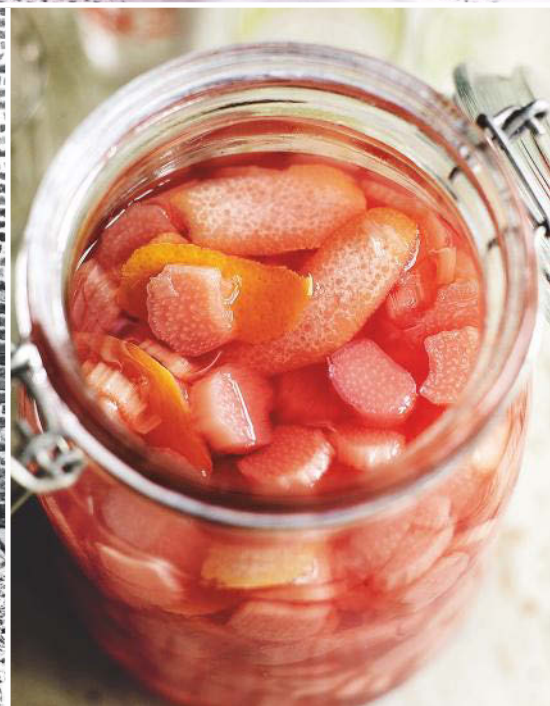
MAKES 1 LITRE.
HANDS-ON TIME 5 MIN

Chop **600g rhubarb** into thin slices and put in a large, sterilised, airtight jar (a clip-sided Kilner-type jar would be ideal). Add **200g caster sugar**, a few **pared strips of orange zest** and **1 litre vodka**. Seal and store in a dark cupboard for 6-8 weeks (the longer the better), turning or gently shaking every now and then to dissolve the sugar and redistribute the rhubarb. Strain the vodka through a square of muslin, then transfer to a screw-top glass bottle. Serve chilled in shot glasses.





Slow-roast rhubarb
with pistachio cake
(pistachio ice cream
optional – but so good)



The Valentine's Day **CHALLENGE**

3 TEAMS OF FRIENDS ♥ 3 BOXES OF MYSTERY INGREDIENTS ♥ A GREAT NIGHT

For some, Saturday 14 February will mean cosy coupledness; for others it will be an evening to ignore. How about making it (whisper it) fun? We invited a group of friends to take our V-Day challenge: three teams, a course each, and 90 minutes to create it. The twist? They were given the ingredients but had to work out what to do with them. The result? Lots of laughs, a menu to love – and not a wilted red rose in sight

RECIPES **THE TEAMS** PHOTOGRAPHS **GARETH MORGANS**
FOOD STYLING **REBECCA SMITH** STYLING **OLIVIA WARDLE**
WORDS **DAISY MEAGER**

Team Pear

ON NIBBLES AND STARTERS

COLETTE CAVANAGH, 29, associate producer for **The Factory Theatre, London**
“For me, cooking is about family and friends sitting down and eating for long stretches of time. I come from a big family so cooking means hearty meals, using Grandma’s old recipes. Improvising isn’t really my thing.”

OLI LANSLEY, 33, actor and writer
“I know how to make a few basics like a good tomato sauce and a white sauce, but I tend to improvise around them, throwing things in and tasting as I go. I’m not the most nuanced chef but I can usually muddle through and make something tasty.”

Team Lobster

ON MAINS AND SIDES

HAYLEY HARLAND, 25, website designer and musician
“I’m bad at following recipes because I want to do it my own way. I like to take control in the kitchen, but I’ve cooked with Dan a couple of times before so we’ve worked out a harmonious way to cook together.”

THE HOST: DAN WHEELER, 32, actor
“Like Hayley, I don’t like following recipes. I prefer seeing what I’ve got in my fridge, thinking what I could add and throwing it all in. It usually works out OK but sometimes it’s a complete disaster. So this could go either way!”

Team Jelly

ON PUDDINGS

FRANCESCA MCCONCHIE, 34, professional cake baker
“Despite making cakes for a living, I don’t make that many desserts. My ideal cooking partner is someone who will stand by and do the washing up, but Arthur and I should make a good team, filling in each other’s knowledge gaps.”

ARTHUR WILSON, 31, actor
“I tend to go for a rustic cooking style – that way you can get away with it looking a bit messy and rough around the edges. I think I’m going to struggle with puddings because I’m not a particularly exact person... I think it’ll have to be a rustic-style pudding.”





It's the one day of the year when no one wants to be cooking dinner for one. And, for couples, a crowded restaurant filled with lovey-dovey smoochers, soppy music, pink tablecloths and (too often) mediocre food is never going to be a culinary highlight. The solution? Get together with friends on Saturday 14 February and spend the evening cooking, eating and drinking together.

That's Dan Wheeler's plan, at least. "Cooking is about friends. When you're on your own you may as well make beans on toast." With his girlfriend away, Dan decided to throw a Valentine's Day feast for friends – but with a bit of competition to liven things up.

He invited five friends, then picked three teams of two. Each pair was given a box of ingredients and 90 minutes to turn them into a stunning course. Despite a dropped pastry, an illegal-fruit incident (one team nicked some oranges from the fruit bowl) and a dash of drinking on the job, dinner was served. At the end, all six cooks voted in secret for the course they liked the most. Read on to find out which team cooked the dish of the day...



What was in the boxes?

The Pears

- ♥ White and brown crabmeat
- ♥ Sourdough bread
- ♥ Fresh chillies
- ♥ Linguine
- ♥ Avocado
- ♥ Fresh mayonnaise
- ♥ Rocket
- ♥ Red onions

The Lobsters

- ♥ Beef rump cap
(see Know-how, p64)
- ♥ Maris piper potatoes
- ♥ Pink peppercorns
- ♥ Beef stock
- ♥ Mushrooms
- ♥ Tenderstem broccoli
- ♥ Shallots
- ♥ Fresh horseradish



The Jellies

- ♥ Brown sugar
- ♥ Apples
- ♥ Pears
- ♥ Ground almonds
- ♥ Chocolate
- ♥ Cocoa powder
- ♥ Whole almonds
- ♥ Puff pastry

IN THE LARDER (Valentine's competitors were allowed to use as much of these as they wanted to) ● Self-raising and plain flour
● Double cream ● Lemons ● Olive oil ● Butter ● Eggs ● Brandy ● Dry sherry ● Selection of fresh herbs



Crab linguine
with chilli and
coriander



Crab toasts

MAKES 18. HANDS-ON TIME 25 MIN

MAKE
AHEAD

Prepare the mini toasts up to 48 hours in advance, then keep them in an airtight container. Make the crab mix and keep covered in the fridge 1-2 hours beforehand but no more. Bring to room temperature to serve.

- 8-10 slices good quality white bread (the team used sourdough)
- Olive oil for brushing
- 1 ripe avocado
- Finely grated zest and juice ½ lemon, plus extra juice
- 100g brown crabmeat
- ½ red chilli, deseeded and finely chopped

- 80g mayonnaise
- Small bunch fresh coriander, chopped, plus extra to garnish

1. Heat the oven to 200°C/fan180°C/gas 6 and put a baking sheet inside to heat up. Using a 3cm cookie cutter, stamp out 18 circles from the bread. Flatten slightly, brush with oil, then toast in the oven for about 5 minutes or until golden and crisp.

2. Stone and peel the avocado, then mash with the zest and juice of ½ lemon, the crab, chilli, mayo and coriander. Season to taste, then add more lemon juice if it's too rich.

3. Top the toasts with the crab mixture and a sprig of coriander.
PER TOAST 89kcal, 6.7g fat (1.1g saturated), 2.2g protein, 5g carbs (0.4g sugars), 0.2g salt, 0.6g fibre
WINE EDITOR'S CHOICE A creamy, dry white burgundy, such as a rully or saint-véran, has the right texture.

Crab linguine with chilli and coriander

SERVES 6 AS A STARTER. HANDS-ON TIME 30 MIN

- 2 tbsp extra-virgin olive oil, plus extra to drizzle
- 1 red onion, very finely chopped
- 2 garlic cloves, chopped

- 500g linguine
- 1 red chilli, deseeded and finely chopped, plus extra to serve ☛
- 200ml white wine
- 200g white crabmeat
- Zest and juice 1 lemon
- 25g fresh coriander, finely chopped

1. Heat the oil in a large frying pan over a medium-low heat, then fry the onion and garlic, stirring now and then, for 6-8 minutes until soft.

2. Meanwhile cook the linguine for 8-9 minutes until al dente, then drain. Drizzle a little olive oil through the pasta to stop it sticking.

3. Add the chilli and wine to the onions, then turn up the heat and bubble for 5-7 minutes until syrupy.

4. Stir the crab into the onion and wine mixture, add the linguine and toss to combine. Stir through the lemon zest, juice and the coriander, season well, then serve sprinkled with the extra chilli and olive oil.

PER SERVING 414kcal, 8.9g fat (1.3g saturated), 17g protein, 62.3g carbs (3.3g sugars), 0.4g salt, 3.9g fibre

WINE EDITOR'S CHOICE A scented, dry modern riesling – try a young, zesty one from Chile or Australia.

☛ See Loose Ends for more ways to use red chillies >>

♥
**OLI &
COLETTE'S
NIBBLES
AND
STARTER**



DAN & HAYLEY'S MAIN AND SIDES

Horseradish sauce [v]

Softly whip 100ml double cream until it just holds its shape. Stir in ¼ fresh horseradish root, grated (or 2-3 tbsp grated horseradish from a jar), 3 tbsp white wine vinegar and a small handful of chopped fresh parsley. Season.

Pink peppercorn-rubbed rump cap of beef

SERVES 6, HANDS-ON TIME 10 MIN,
OVEN TIME 45 MIN, PLUS RESTING

KNOW-HOW

A rump cap or picanha (pronounced pick-ANYA) is the top piece of the beef rump. It's a popular cut in Brazil for roasting and barbecuing, as it combines excellent flavour with easy carving. It doesn't take long to roast – we recommend using a digital probe thermometer for best results. If you can't find picanha, rump steak of the same weight will also work.

MAKE AHEAD

Rub the beef with the peppercorn mixture in advance and keep in the fridge, covered, for up to 48 hours. Take out of the fridge 2-3 hours before cooking to take the chill off.

- 1.5kg rump cap of British beef or rump steak (see Know-how)
- 2 tbsp olive oil
- 2 tbsp pink peppercorns, roughly crushed in a pestle and mortar
- Steamed greens to serve

1. Heat the oven to 200°C/fan180°C/gas 6. Rub the meat with oil and scatter with salt. Put a large frying pan over a high heat. When smoking

hot, add the meat, fat-side down, and sear for 2-3 minutes until golden. Flip, then sear for 1 minute.

2. Rub the crushed peppercorns onto the top of the meat into the fat. Put in a large baking tray and roast in the oven for 45-50 minutes for medium rare – a digital probe thermometer pushed into the thickest part of the meat should read around 50-55°C.

3. Rest the meat somewhere warm for 20 minutes, then slice and serve with the crispy potatoes, sherry and mushroom sauce, horseradish sauce and steamed greens.

PER SERVING 345kcal, 14.2g fat (4.8g saturated), 55.8g protein, no carbs, 0.4g salt, no fibre

WINE EDITOR'S CHOICE A soft, silky pinot noir is by far the best choice here. I like New Zealand's version.

Crispy potatoes with rosemary and garlic [v]

SERVES 6 AS A SIDE. HANDS-ON TIME
15 MIN, OVEN TIME 1 HOUR

- 2.5kg floury potatoes, chopped into 2.5cm pieces
- 30-40ml olive oil
- 5 fresh rosemary sprigs
- 6 garlic cloves, bashed with the flat of a knife but still in the skins

1. Heat the oven to 200°C/fan180°C/gas 6. Cook the chunks of potato for 10 minutes in a large saucepan of boiling water. Drain, then put them back into the pan. Put the lid on and give the pan a good shake to roughen up the edges (they should be almost cooked at this stage). Take off the lid so they can steam dry.

2. While the potatoes are cooking, put 2mm oil in 1 very large baking tray or 2 medium-size baking trays – they need to be big enough so the potatoes can fit in a single layer. Put the tray(s) into the oven to heat up. When the oil is hot enough it will shimmer slightly.

3. When the potatoes have steamed dry for a bit and the oil is hot, add the potatoes to the tray(s), season well, then roast for 30 minutes.

4. Remove the tray(s) from the oven, add the rosemary and garlic, then give everything a gentle stir to turn the potatoes over. Cook for another 20-30 minutes until the roasties are golden brown, crisp and cooked through. Season with more salt and serve.

PER SERVING 349kcal, 4.6g fat (0.5g saturated), 8.6g protein, 69.2g carbs (2.4g sugars), 0.1g salt, 7.4g fibre >>

Sherry & mushroom sauce

SERVES 6. HANDS-ON TIME 20 MIN

MAKE
AHEAD

Make the sauce up to the end of step 3 a day ahead and keep covered in the fridge. When ready to serve, warm the sauce, then fry the exotic mushrooms and finish off the recipe.

- 300ml dark dry sherry (such as palo cortado, amontillado or oloroso)
- 500ml good quality fresh beef stock
- 2 large knobs of butter
- 2 shallots, very finely chopped
- 2 garlic cloves, crushed
- 200g chestnut mushrooms, sliced
- 75ml double cream
- 1 tbsp olive oil
- 100g exotic/speciality mushrooms

1. Pour the sherry and stock into a saucepan, bring to a simmer, then reduce over a high heat to about 300ml liquid.

2. Meanwhile, melt 1 knob of butter in a pan and gently fry the shallots and garlic for 5 minutes or until soft. Add the chestnut mushrooms and cook for 5 minutes or until golden. Stir in the cream and the reduced sherry/stock, then bubble over a medium heat for a few minutes.

4. Heat the oil and remaining butter in a pan over a high heat and, when foaming, add the exotic mushrooms. Taste, season, then fry, stirring frequently, for 3-4 minutes.

5. Stir the exotics into the sauce, bubble for 2 minutes and season to taste. Serve hot.

PER SERVING 192kcal, 13.1g fat (7.2g saturated), 2.9g protein, 1.9g carbs (1.6g sugars), 0.6g salt, 0.9g fibre >>





ARTHUR & FRANCESCA'S PUDDING

* Chocolate and orange custard tart with caramel

SERVES 6-8, HANDS-ON TIME 55 MIN,
OVEN TIME 50 MIN, PLUS CHILLING AND
1 HOUR COOLING

MAKE
AHEAD

Make the pastry case and keep in its tin, wrapped in cling film in a cool place, for up to 2 days; or freeze for up to 1 month. Defrost before using.

FOOD TEAM'S TIPS Chocolate pastry can be tricky to handle. If it falls apart when you're lining the tin, gather it up, knead it a little, then roll again. See Tips From Our Test Kitchen and Be a Better Baker for more pastry-case tips.

Bag, label and freeze the leftover egg whites to use in meringues. They will freeze for up to 3 months.

FOR THE PASTRY

- 80g caster sugar
- 150g unsalted butter, chilled and cut into cubes
- 260g plain flour
- 30g cocoa powder
- 1 large free-range egg

FOR THE CUSTARD

- 8 medium free-range egg yolks (see tips)
- 75g sugar

- 500ml double cream
- Finely grated zest 1 orange

FOR THE CARAMEL

- 100g caster sugar
- 90ml double cream
- 30g unsalted butter
- Pinch sea salt
- 2 small oranges (or clementines), peeled and sliced into discs

1. For the pastry, pulse the sugar and butter in a food processor until combined. Add the flour and cocoa powder and pulse to a breadcrumb-like texture. Add the egg yolk and 2 tbsp cold water, then pulse to bring the dough together – you may need a little more water, but be careful not to make the dough too wet. (If you don't have a food processor, beat the sugar and butter with a wooden spoon, then rub in the flour and cocoa with your hands. Using a wooden spoon, mix in the egg yolk and water, then knead.)

2. Once the dough is smooth, shape into a thick disc, cover with cling film and chill for 30 minutes. Heat the oven to 190°C/fan170°C/gas 5. Roll out the pastry between 2 sheets of baking paper to the thickness of a £1 coin. Remove the top sheet of paper, then gently roll up the pastry

around the rolling pin.

3. Unroll the pastry over a 23cm deep fluted tin, carefully press the pastry into the sides, then pull off the paper (see tips). Pull off the overhanging pastry to patch any gaps in the tin, then trim the remaining excess pastry from the sides with a sharp knife (or roll the rolling pin over the top to cut off the excess).

4. Scrunch up the baking paper, then flatten out and use to line the pastry case (scrunching it helps it fit into the corners). Fill with baking beans/rice, then chill for 15 minutes. Bake on the middle shelf for 15 minutes, remove the beans/rice, then cook for 5 more minutes until the pastry feels sandy. Remove.

5. While the pastry is baking, make the custard. Whisk the egg yolks and sugar with a balloon whisk in a bowl until combined. Gently warm the cream in a medium saucepan until just starting to steam. Slowly pour the cream over the yolks, whisking as you go, to get a smooth custard.

6. Strain the mixture through a sieve into a jug. Using a large spoon, remove any bubbles from the top of the custard, then stir in the zest.

7. When the pastry shell is cooked, return it to the oven, pull out the oven rack halfway, then pour in the

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custard. Gently slide the rack back into the oven and decrease the temperature to 150°C/fan130°C/gas 2. Bake for 30 minutes or until the tart is just set with a wobble when nudged – it will firm up as it cools.

8. Leave to cool for 10 minutes, then carefully remove the tart from the tart tin and cool for at least 1 hour.

9. For the caramel, put the sugar and 30ml cold water in a pan over a medium heat. Stir until the sugar dissolves, then stop stirring.

Cook the syrup, swirling the pan occasionally, until golden brown. Keep an eye on it so it doesn't burn.

10. When it reaches a deep golden caramel colour, carefully add the cream (it may spit) and stir until combined. Put back on a low heat to melt any solidified caramel, stirring until smooth. Add the butter and salt, then stir until combined.

11. Once the tart is completely cool, top with the orange slices. Drizzle over the just-warm caramel sauce, then slice and serve.

PER SERVING 781kcal, 63.6g fat (36.8g saturated), 7.9g protein, 44.9g carbs (29.3g sugars), 0.4g salt, 1.8g fibre

WINE EDITOR'S CHOICE A sweet, luscious wine, such as Hungarian tokaji or orange muscat. **a**



good times.

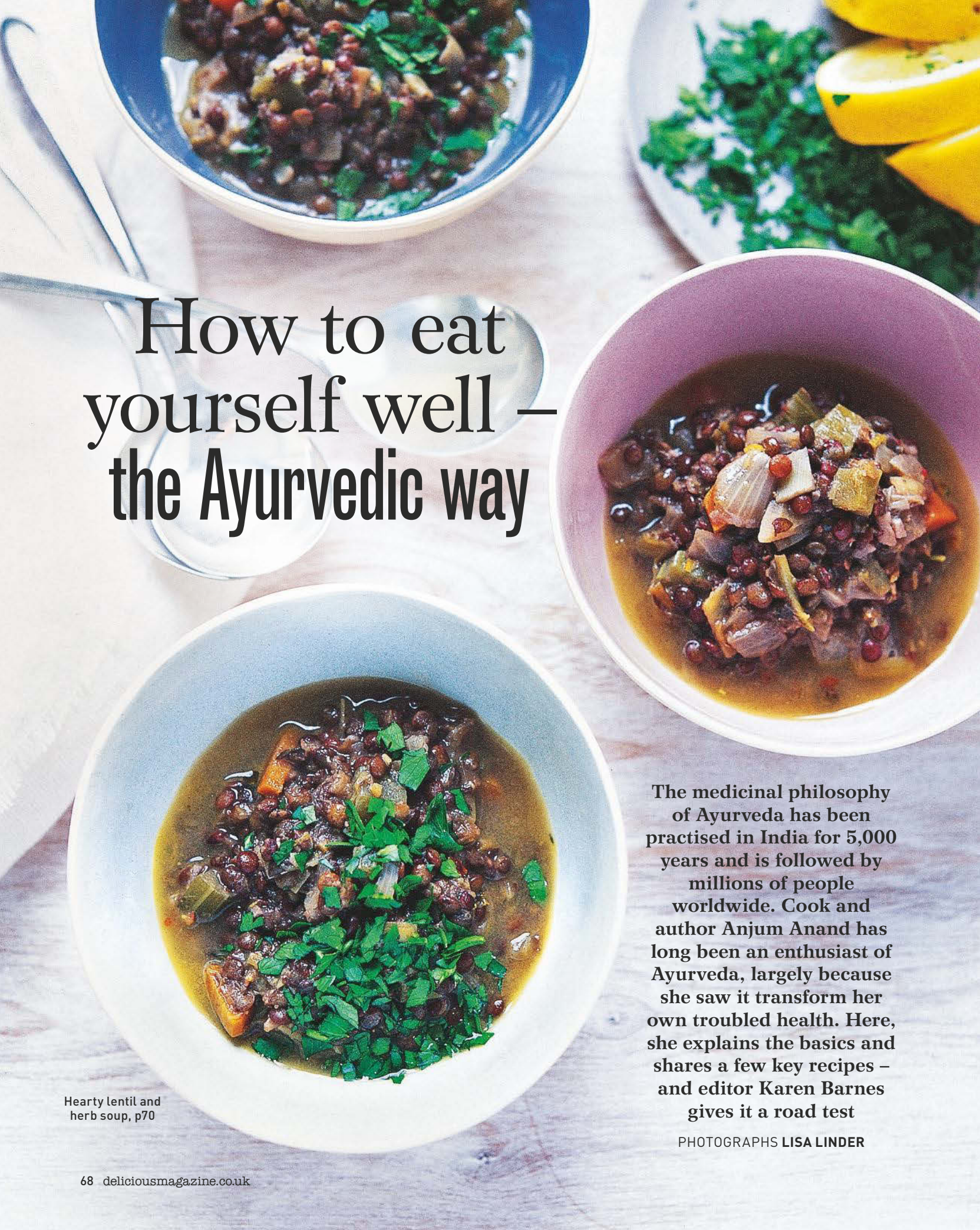
And the winners are...

The votes were close but Francesca and Arthur's chocolate and orange custard tart edged in front to be crowned the winning course. The victorious pair rose above the ribbing they got from purloining the oranges from the fruit bowl – a case of the ends justifying the means.

DAN THE HOST RECKONS...

"The citrussy creaminess of the filling contrasts so well with the crisp chocolate flavours in the base. This is a great pud."





How to eat yourself well – the Ayurvedic way

Hearty lentil and
herb soup, p70

The medicinal philosophy of Ayurveda has been practised in India for 5,000 years and is followed by millions of people worldwide. Cook and author Anjum Anand has long been an enthusiast of Ayurveda, largely because she saw it transform her own troubled health. Here, she explains the basics and shares a few key recipes – and editor Karen Barnes gives it a road test

PHOTOGRAPHS LISA LINDER

ANJUM ANAND EXPLAINS...

“I stumbled across Ayurveda a decade ago when I had health issues that doctors in the UK couldn't diagnose. I met with an Ayurvedic doctor and told him my symptoms. He diagnosed me within minutes. He explained that my body was massively out of balance and why this was the case, then he gave me some herbal medicines and a prescription for how I should be living. I got better and felt better – for the first time in two years. I was fascinated and delved deeper.

It turns out that Ayurveda is one of the world's most ancient medical systems – it's over 5,000 years old and for 2,000 of them was the main method of health care for millions of Indians. It's a comprehensive medical system and can take up to nine years to study as a practitioner. So why haven't most people in this country heard more about it?

In the 19th century, the British outlawed Ayurvedic medicine during their rule in India but it has been having a resurgence since the 20th century as people seek to cure the cause, rather than the symptoms of their health issues. I say all this to give Ayurveda gravitas, but any system that survives for thousands of years and is still something people can relate to speaks for itself.

I believe Ayurveda is relevant today because, in a time of ever-changing and conflicting advice, it offers set guidance – and has more longevity – than any diet I've come across. It covers the importance of digestion and detoxing, and explains why some people put on weight easily while others struggle to. My explanation here merely scratches the surface, but I hope it piques your interest and tempts you to find out more.

ENERGIES AND THE BODY

According to Ayurveda, everything is made up of five energies: ether, air, fire, water and earth. Each has inherent qualities that help identify them in the objects they make up. Characteristics of ether are stillness,

coolness and space; air is light, dry, cool and mobile; fire is hot, acidic and combustible; water is moist and cool; earth is dense, cold and stable.

In the human body, air is seen in all internal movement, water is in every cell in the blood, earth forms the structures of the body, our temperature and digestion are governed by fire, and ether is the space in which it all happens.

These energies are then grouped to distinguish three body types, known as doshas: vata (air and ether), pitta (mostly fire but a little water) and kapha (earth and water). Our bodies are made up of all three doshas, but one dosha (sometimes two) will dominate. As one dosha dominates, our bodies are 'naturally imbalanced'. Knowing your body type helps you make better choices because Ayurveda teaches that if you become too imbalanced, it can lead to illness.

DIGESTION

The root of good health lies in digestion. Every natural ingredient fulfils an important function in the body, whether it's healing or building. If you're not digesting your food properly you won't absorb its benefits, which could lead to health issues. Ayurveda also teaches that undigested food ferments in your gut and releases toxins that build up and overflow into the body, which might already be weakened by a prolonged imbalance or prior illness. Ayurveda adherents believe the build-up of toxins in the body has the potential to trigger serious illnesses such as cancer, arthritis, osteoporosis and diabetes.

The different body types digest food differently. Pitta has a strong digestion; kapha digests food slowly, which allows it to absorb nutrients well; vata body types often have the weakest digestion. Having said that, there are ways we can weaken (and strengthen) our digestion. Ayurvedic doctors recommend proper fasts (1-3 days, eating only soups) to help remove toxins and promote good health.

THE FOOD

It's good to eat a broad variety of foods so the body gets everything it needs to function properly. All natural food is good for you, it just depends how much you eat of it.

Having said that, some foods are better for you than others, and once you know your body type you can choose the right kinds.

Ayurveda teaches that food can subtly heat or cool your body, too, with chillies and milk being obvious, opposite examples. It's good to eat warming food in winter (soups) and cooling food in summer (fresh fruit juices). That much is obvious and fits with our natural seasonal inclinations. But Ayurveda goes further than that. For example, pitta body types shouldn't have too much spicy food as this will increase their fiery make-up. It's complex, though: Ayurvedic doctors have vast reference books for all the different properties. The more I understand the detail, the more it makes sense – and the more easily I can apply it to my life. »



PUT IT TO THE TEST

First, work out your body type or dosha – is it pitta, vata or kapha? Visit deliciousmagazine.co.uk/ayurveda to find a detailed questionnaire that will help you decide. Then you can see if the corresponding characteristics ring true.

Anjum Anand, living and eating the Ayurvedic way



* Hearty lentil and herb soup [v]

SERVES 2-3. HANDS-ON TIME 15-20 MIN,
SIMMERING TIME 35 MIN

Anjum says... "One-pot meals that cook slowly, allowing all the ingredients to cook together at an easy pace, are the ultimate meals in Ayurveda. This dish is good for all three body types as it's easy to eat and gentle on the digestion. For a more substantial meal, add a little pasta to the soup as it cooks (kapha body types – see p69 – can add buckwheat pasta) or serve with a wholegrain spelt or rye bread roll. I recommend vata body types finish the dish with a spoonful of freshly grated parmesan (or a vegetarian alternative) sprinkled over the top."



This soup freezes really well. Make a big batch and freeze half in plastic containers for up to 3 months.

- 2 tbsp olive oil
- 2 fresh rosemary sprigs
- 2 fresh thyme sprigs
- 1 medium onion, finely chopped
- 1 carrot, finely chopped
- 1 celery stick, chopped
- ½ leek, sliced
- 2 garlic cloves, sliced
- Pinch dried chilli flakes (optional)
- 650ml fresh vegetable stock
- 200g puy lentils

- Handful fresh parsley, finely chopped
- Squeeze lemon juice

1. Heat the oil in a large non-stick saucepan. Add the rosemary, thyme, onion, carrot, celery and leek, then cover and cook over a low heat, stirring occasionally, for 10 minutes until the onions are soft.

2. Add the garlic, chilli flakes, stock and lentils. Bring to the boil, then cover and simmer on a low heat for around 25 minutes or until the lentils are cooked.

3. Pour about one third of the soup into a blender and whizz, then stir back into the soup. Add the chopped parsley and lemon juice, taste and season generously with salt and pepper. Remove and discard the sprigs of rosemary and thyme. If you prefer a thinner consistency add a little hot water from the kettle, then serve.

PER SERVING (FOR 3) 325kcal, 9.8g fat (1.4g saturated), 18.5g protein, 40.8g carbs (5.4g sugars), 0.1g salt, 11.2g fibre

Chicken laksa with rice noodles

SERVES 4. HANDS-ON TIME 20 MIN,
SIMMERING TIME 20 MIN

Anjum says... "This dish is like a Malaysian laksa, only lighter and easier to digest. It's good for balancing vata body types

(see p69) but it does the same to a slightly lesser extent for pitta body types, too. Rice noodles are easier to digest than wheat noodles. For kapha types, lighten the dish by substituting tofu instead of the chicken, using buckwheat noodles instead of rice noodles, reducing the coconut milk to 150-200ml and adding 75-100ml water or stock instead."

- 10g fresh ginger
- 2 fat garlic cloves
- 1 tbsp vegetable or coconut oil
- 1 medium onion, finely chopped
- ½ tsp ground turmeric
- 1 tsp ground coriander
- 250ml good quality fresh chicken stock
- 180g flat rice noodles
- 4 free-range chicken thighs, boned and skinned, cut into strips
- 250-300ml coconut milk
- 1 tsp garam masala
- Juice 1-2 limes to taste
- 200g vegetables of your choice (such as green beans, broccoli, mangetout, beansprouts, pak choi), blanched or steamed
- Fresh mint and carrots, cut into fine strips, to serve (optional)

1. Put the ginger and garlic cloves in a pestle and mortar and bash to a paste. Heat the oil in a medium non-stick lidded saucepan over a low-medium heat. Add the onion and cook until soft and turning golden

THE ROAD TEST

BY EDITOR KAREN BARNES



I've worked in magazines for a long time and have come across more healthy eating fads than I care to remember – diets that are usually impossible to sustain for any length of time. When I met Anjum, I noted how she glows with health, as well as looking 10 years younger than her 43 years. She told me she follows the Ayurvedic principles of eating, and I felt compelled to try it.

The first challenge was clearing my diary as I needed a four-week stretch with no meetings involving food – tricky when you work for **delicious**. That done, I headed off (with trepidation) for my assessment with practitioner Geeta Vara. There was no need for the nerves: Geeta has a gentle spirit – which is just as well because

being questioned about everything from your temperament to your bowel movements isn't top of my list of favourite pastimes. Geeta assessed that my dominant body type (dosha) was kapha (see p69). It meant little to me, but she explained the principles and I left with a sheaf of info to trawl through, plus recipes from Anjum.

FIRST REACTION I was flummoxed because my go-to health food items like porridge and yogurt with fruit weren't on my recommended list. The regime was pretty strict. If I did it for longer the strictness would ease (Ayurveda is a way of life, rather than the one-month snapshot I was attempting). I was advised against alcohol, caffeine, dairy, meat (particularly red), eggs, bread, refined sugar. It felt as if nothing was left, and I realised I'd have to do a lot of thinking and planning.

WHAT I HAD TO EAT Lots of rice and lentil dishes, simmered with garlic, onions and warm spices like cardamom. Plus quinoa porridge (not a fan). Each day started with hot water, a slice of

at the edges (about 6-7 minutes).

2. Add the ginger and garlic paste and cook for 40 seconds, stirring, until their fragrances are released. Add the turmeric and ground coriander, some salt and freshly ground black pepper and a small splash of water, then cook until the water has evaporated and the paste has cooked for 20-30 seconds.

3. Add the stock and bring to the boil, then reduce to a simmer and let it bubble away for 12 minutes – the liquid should be quite reduced. Cook the rice noodles according to the packet instructions, then rinse under warm water to prevent them from sticking. Keep warm.

4. Add the chicken strips, coconut milk and garam masala to the stock mixture, bring to the boil, then cover and simmer on a low heat for 5-7 minutes until the chicken is cooked. The curry should have a light, creamy consistency. Season to taste with lime juice, salt and pepper.

5. Divide the cooked noodles among individual bowls or deep-sided plates. Spoon the coconut chicken curry on one side of the noodles, then top with your choice of steamed vegetables or arrange in neat piles on the other side of the noodles. Serve with lots of fresh mint and sliced carrots, if you like.

PER SERVING 428kcal, 16.4g fat (10.5g saturated), 24.9g protein, 42.1g carbs (2.5g sugars), 0.4g salt, 2.2g fibre »



lighter eating.

Chicken laksa
with rice
noodles

lemon and turmeric powder. Turmeric is anti-bacterial and anti-inflammatory. Knowing that didn't make it more palatable.

WHAT I STRUGGLED WITH Putting aside my almost Tourette-like impulse to shout, "What's the scientific evidence?" whenever I was told something was or wasn't good for me. I also realised early on that it has a strong spiritual element, and Geeta told me it helps to embrace that to make it work – which jarred slightly with my own beliefs and instincts. After a week I had a constant headache and bad skin for the first time in 20 years. I felt so rough that I called Anjum – surely this couldn't be right. She explained it was my body "expelling toxins", coupled with caffeine withdrawal. I stuck with it and, two days on, felt much better. Good, even.

WHAT I LIKED The premise is easy to grasp – namely that good health hinges on good digestion and balance. When you begin, the focus is on calming everything down while stoking your metabolism and digestive 'fire'. After my junkie-like withdrawal,

it was good to come out the other side and feel proper hunger pangs before a meal. I was sleeping better and felt more energetic and sharp-thinking than I have for years. I lost 11½lbs in the month, too. That wasn't my aim, but it was a bonus.

WILL I CARRY ON? I wish I could say yes, because the improvement in my wellbeing was marked, but Ayurveda is incompatible with my job, where I never know what I'll have to taste next. But my job is unusual. The principles are lodged in my brain and there are aspects I try to adhere to: not drinking cold drinks with a meal because it puts out the 'fire' of the digestion makes sense to me. Trying not to eat much sugar (no one can argue with that) and taking a more considered, calmer approach to life. It's good to be reminded that everything we eat has consequences. *Geeta Vara is an experienced London-based Ayurvedic practitioner who specialises in designing tailor-made nutritional and lifestyle programmes. Contact her at info@geetavara.co.uk*

lighter eating.



Warm sweet potato, rocket and goat's cheese salad

Warm sweet potato, rocket and goat's cheese salad [v]

SERVES 2 AS A STARTER-SIZE SALAD.

HANDS-ON TIME 15 MIN, OVEN TIME 50 MIN

Anjum says... "Sweet potatoes are prized in Ayurveda for being nourishing and easy to digest. This salad is good for vata and pitta body types (see p69) but if you're kapha I recommend you eat it only occasionally. The watercress is great for all three doshas, particularly kapha and vata. This recipe is a starter size, but I often make bigger batches and eat it as a main meal."



Panch phoran (which means 'five spices') is also sold as Bengali five-spice mix.

Unlike most spice mixes, the seeds here are all used whole – usually cumin, fennel, fenugreek, black mustard and nigella (kalonji). It's available at Waitrose, Ocado, Asian grocers, spice shops and online at spicemountain.co.uk. Or make your own using equal amounts of nigella, black mustard, fennel, cumin and fenugreek seeds.

Blanching almonds in boiling water before roasting gives them a pleasing chewy texture. It also stops them becoming brittle and makes them easier to halve in step 4.

- 1 medium sweet potato, diced into 2.5cm cubes
- 1 small red onion, sliced into wedges
- 2 tsp vegetable oil
- ½ tsp panch phoran (see Know-how)
- 15g whole almonds
- 40g watercress
- 50g soft goat's cheese

FOR THE DRESSING

- 2 tsp lemon juice
- 4 tsp vegetable oil
- ½ tsp garlic paste (or ½ tsp freshly crushed garlic)

1. Heat the oven to 190°C/fan170°C/gas 5. Put the potato and onion in a small baking tray. Heat the oil in a small saucepan over a low heat and add the panch phoran. When the seeds have sizzled for 10 seconds, pour the oil and seeds over the vegetables, season with salt and pepper, then mix well to coat. Transfer to the oven and cook for 45-50 minutes until soft and sweet.
 2. To make the dressing, whisk together all the dressing ingredients in a small bowl and set aside.
 3. When the vegetables are 5 minutes away from the end of their cooking time, put the almonds into a small pan of boiling water and blanch for 45 seconds, then drain and transfer to a small baking tray. Spread into a single layer and toast in the oven for the last 2-3 minutes of the vegetable cooking time.
 4. When cool enough to handle, split the almonds in half lengthways using a small knife. Put the vegetables in a serving dish, pour the dressing straight onto them, then toss well to coat. Add the almonds and watercress, then stir until well coated. Top with crumbled goat's cheese to serve.
- PER SERVING** 317kcal, 20.6g fat (6g saturated), 9.2g protein, 24.2g carbs (8.3g sugars), 0.6g salt, 4.3g fibre

Recipes from Eat Right For Your Body Type by Anjum Anand (£9.99; Quadrille)

HEALTHY MAKEOVER

Chicken korma

If you thought a creamy curry would be off-limits due to its high calorie count, reconsider – our version is light, fragrant and more satisfying than a takeaway

The slimmed-down recipe

SERVES 4. HANDS-ON TIME 25 MIN,
OVEN TIME 50 MIN

MAKE
AHEAD

Make the spice paste in advance and keep in the fridge for up to 2 weeks in a sealed jar or container.

FOOD TEAM'S TIP This curry works really well with spinach stirred in for the last 5 minutes and it's great served with extra yogurt.

- 1 tbsp cold-pressed rapeseed oil
- 4 free-range skinless chicken breasts, chopped into chunks
- 2 onions, sliced
- 1 tsp caster sugar
- ½ tsp salt
- 500ml full-fat Greek yogurt (we like Total)
- Bunch fresh coriander, leaves roughly chopped
- 20g desiccated coconut, toasted in a dry pan until golden
- Steamed basmati and wild rice, and lime wedges to serve

FOR THE SPICE PASTE

- 1 tsp coriander seeds
- 1 tsp cumin seeds
- 1 tsp garam masala
- 1 tsp ground turmeric
- 2 garlic cloves, crushed
- 50g desiccated coconut
- 2 fresh green chillies, finely chopped
- 1 tbsp grated fresh ginger
- 2 tbsp tomato purée

1. For the spice paste, heat a large frying pan over a medium heat and toast the coriander seeds, cumin seeds, garam masala and turmeric for 1-2 minutes until fragrant. Transfer to a mini food processor or pestle and mortar and grind to

a powder. Add the rest of the spice paste ingredients and 50ml water, then whizz or pound until well combined.

2. In the same pan, heat the oil over a high heat and, when hot, add the chicken and onions, then cook for 5 minutes. Add the spice paste and cook, stirring, for a further 3-4 minutes until fragrant.

3. Turn down the heat to medium, then add the sugar, salt and yogurt. Stir well and simmer gently for 5-10 minutes, then stir in the coriander, reserving a little to garnish. Sprinkle the korma with a little toasted coconut and chopped coriander, then serve with rice and lime wedges. **a**

Traditional version	delicious. makeover
675kcal	442kcal
44.9g fat (15.7g saturated)	23.4g fat (15.3g saturated)
59.1g protein	44.8g protein
9.3g carbs (6.9g sugars)	14.2g carbs (12.3g sugars)
1g salt	1.4g salt
1.3g fibre	4.5g fibre



What will we be eating in 2084?

Can you see yourself printing out your dinner or eating bees on toast for breakfast? From insects and algae to brain food and gastroporn, there's a culinary cornucopia to come in the decades ahead, suggests scientist Charles Spence



For a century or more, philosophers, scientists and bestselling novelists have been making bold predictions about how future generations will nourish themselves. As far back as the end of the 19th century, scientists were confidently predicting that meals in decades to come would come in handy pill form.

Yet most scientific predictions about the future of food have turned out to be wildly off target. Novelists – or, more specifically, children’s authors – have had better luck in imagining what people will be eating in the years ahead. Not because Roald Dahl and Lewis Carroll were especially gifted in terms of predicting the future of food, but because their works seem to have inspired many of today’s top chefs, such as Heston Blumenthal.

So here, with a pinch of trepidation, are my predictions for what we will (and won’t) be eating in the year 2084. There’s no significant reason for picking that date, other than that it resonates with the title of George Orwell’s futuristic novel, *1984*.

What we’ll be eating

ALGAE: IT’S SEAFOOD, CAPTAIN, BUT NOT AS WE KNOW IT

Algae, such as chlorella and spirulina, have long been talked about as a potential future food – indeed, people living in China and Japan already eat lots of algae, primarily in the form of seaweed. It’s a concentrated food source that can be (or so it’s been claimed) highly efficient to grow. You’ll find spirulina all over health food shops due to claims about its health properties. One innovative American company recently started selling SoyLent Green Crackers made with spinach and plankton (if the irony of that name passes you by, Google the 1973 science fiction film *Soylent Green*...). However, if anyone offers you a bright green biccie, you might just want to check the ingredient list. Complaints of flatulence from

early consumers led the creators to realise they might need to tinker with the formulation.

BRAIN FOOD: CHOCOLATE THAT MAKES YOU CLEVER?

In many Western cultures there’s a clear distinction between the food we consume to provide nutrition for our bodies and the medicines we take to fix our health. In the future, I believe we’re going to see a dramatic rise in ‘functional foods’, some with medicinal properties. While such a combination of functions currently seems strange, in parts of Asia the link between food and medicine has long been more tightly entwined. In the Far East, sales of some chocolate bars are already being aided by the suggestion that they might improve brain function. And who wouldn’t like a chocolate bar that might make you more intelligent?

INSECTS: OPEN WIDE AND SAY “UGHHHH!”

For the sake of the planet, eating insects (entomophagy) has to be an increasingly important part of the human diet in decades ahead. Insects’ high protein content, together with the high rate at which they convert feed into meat, makes them a dead cert as a more sustainable future food. At least, they will be if we can figure out how to get over our disgust at the thought of eating them.

In my view, they’re unlikely to make it onto the Western menu simply because some authority figure says how good they are for the planet. The best strategy will be to sell them on their great taste. That won’t work for all of them (bees and butterflies don’t taste very nice) but trust me: the bee-brood ganache sitting in my freezer at home is exceedingly moreish. You should have seen my teenage nieces gobble it up – that is, until I told them what it was made from (the honeycomb cells in which the queen bee lays her eggs and that the workers fill with honey)...

SOUS VIDE: COOK-IN-THE-BAG GOES CHIC

Invented in the 1960s by American and Swiss engineers as a way of preserving and sterilising food in hospitals, this hot-water-bath device was first used in a restaurant setting by a chef called Pralus, in his Roanne restaurant in France back in the mid-1970s. Cooking sous vide is currently one of the modernist chef’s favourite culinary techniques. Given the potential cost-savings, along with the preservation of weight and flavour that cooking in a vacuum-sealed bag at low temperature offers, I predict many of us will be trading in our microwaves for the home sous vide set in decades to come.

How we’ll be eating it

FOOD AND TECHNOLOGY: IT’S ALL IN THE BYTE

This is not a matter so much of what we’ll be eating in the decades to come, but rather how the experience will play out at the dining table (that’s assuming we’re still sitting around a table to eat). At the moment, smartphones and tablets only serve to distract us from whatever we’re eating, but I foresee a future in which some of that brilliant technology will be repositioned, perhaps through the introduction of sensory apps, to create a multisensory meal experience. Heston Blumenthal’s *The Sound of the Sea* seafood dish is perhaps a sign of things to come: the dish comes to the table with the waiter brandishing a seashell out of which hang some headphones playing (you’ve guessed it) the sounds of the sea. »

For the sake of the planet, eating insects has to become an increasingly important part of the human diet in decades ahead

Looking ahead, dining out will be about so much more than the food on the plate — it will be theatrical and multisensory

FOOD AS THEATRE: OFF-THE-PLATE DINING

Heston's approach is one that some restaurateurs want to build upon. Look at the some of the world's high-end restaurant openings and you'll see a growing trend towards what's been dubbed off-the-plate dining, which means sights and sounds are used to enhance the experience of the food. Already, some top chefs are using 'multisensory atmospherics' in their restaurants, such as Ultraviolet in Shanghai and Sublimotion in Ibiza.

In the former, 'fish and chips' is a single battered caperberry filled with anchovy paste and served with beer, with a thundery soundtrack and rain-lashed video, which changes to a Union Jack projected onto the table as a Beatles track starts to play.

DON'T EXCUSE THE HANDS! PLUS, CUTLERY GETS HEAVY

I feel sure that, in decades to come, we'll look back and wonder at how boring our cutlery used to be. Knife, fork and spoon, made from stainless steel or silver: is that really the best we can do to enhance the sensory pleasure of what we eat? We're on the verge of a revolution in the way we move food from plate to mouth. In part, it may be because foods we eat with our hands will be more popular. Look at all the sharing platters on menus now and how convivial it is for everyone to dive in, tear and share the food.

But it won't all be about hands. I predict a rise in designer cutlery created to bring out the best in food — and luminaries such as chefs Heston Blumenthal and Ferran Adrià will be leading the way. Whatever the new tableware may look like, my guess is it'll be heavy. Why? Because an Oxford University study I was involved in showed that diners tend to find food tastes better when eaten using heavy cutlery. They equated weight with expense and therefore expected better quality food.

FOOD AS ART: THE RISE AND RISE OF GASTROPORN

It's not long ago that exquisite food presentation was limited to haute cuisine. If you ate out in a regular restaurant, the food on your plate would look pretty much as it would if you cooked it at home. All that changed after nouvelle cuisine was invented in France in the 1960s. Although it took years to have an effect here, soon every restaurant was concerned with how their food looked. Now, with TV cookery shows dishing up plates of smears, spots and dabs, the visual appearance of the food has become all important.

In the beginning was the word — but now it's all about the image. Although there's still a market for glossy coffee table cookbooks, the global rise of picture-based social media such as Instagram has made the desire for gastroporn stronger than ever. It's a rare chef who doesn't care about how their food looks (or photographs) on the plate. The notion that we eat first with our eyes will resonate more than ever.

And one dining dud...

3D PRINTING: NOT THE FUTURE OF COOKING

Some would have us believe we'll all have a 3D food printer on the kitchen worktop in years to come. I'm not convinced. For one thing, the price would have to come way down from its current high levels. Plus, it's not clear what it would be used for. 3D printing is all about complex shape and accuracy using one or two materials — you could print biscuit decorations, chocolate designs or customised pasta shapes. But a plate of food doesn't use the third dimension extensively. A 3D food printer would be a niche gadget and, once the novelty had worn off, it would end up as a neglected kitchen appliance, like those breadmakers everyone bought a few years ago. **d**

*Charles Spence is head of the Crossmodal Research Laboratory, Oxford. His latest book, *The Perfect Meal: The Multisensory Science of Food and Dining*, written with Betina Piqueras-Fiszman, is out now (£24.95; Wiley-Blackwell).*




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Stir-fried
red rice

V IS FOR VEGETARIAN

The world on a plate

RECIPES **LUISE VINDAHL** PHOTOGRAPHS
FOOD STYLING AND STYLING **DAVID FRENKIEL**

A Scandinavian couple travelled the world with their daughter and became a blog sensation with the veggie recipes they found. Here are some of the best

“Our family has always felt most at home when we’re not. When our daughter Elsa was small, we took a break from our jobs to travel the world. Food was the favourite part of our trip, and it’s what we brought back home. When memories faded and our skin turned pale again, we kept our adventures alive in our Stockholm kitchen. Flavours and scents bring back more vivid images than any photo ever could.”

DAVID FRENKIEL

Stir-fried red rice [v]

SERVES 4. HANDS-ON TIME 40 MIN

“It’s impossible to travel in Asia and not encounter fried rice; it’s on every menu in every country. We make ours with wholegrain rice, which adds chewiness and earthy tones. One of the tricks is to give the vegetables and mushrooms only a quick turn in the pan, so they stay fresh and firm. Another is to make sure the cooked rice is completely dry before you add it to the pan – that way it doesn’t make the dish soggy. Add tofu or tempeh (a tofu-like soy product from Indonesia) for extra protein.”

- 200g red, brown or other wholegrain rice
- 1 tbsp coconut oil or extra-virgin olive oil, or ghee (clarified butter)
- Large handful chestnut, button or oyster mushrooms, halved
- 1 large carrot, cut into matchsticks
- 2 spring onions, sliced
- ½ bok choy or large handful spinach, thinly sliced
- 2 medium free-range eggs, beaten
- 60g raw cashew nuts, toasted in a dry pan until fragrant, to serve
- Large handful fresh Thai basil (or regular basil) to serve

1. Rinse the rice and put in a pan with 500ml water. Bring to the boil, turn the heat to low-medium, cover and cook gently for 25-30 minutes. Drain thoroughly, then set aside for 10 minutes, uncovered, to steam dry

(see recipe introduction).

2. Heat the oil or ghee in a frying pan, then add the mushrooms and vegetables. Stir-fry for 2 minutes (see recipe introduction), season with salt and pepper, then add the rice and fry for another minute.

3. Add the eggs and stir until scrambled. Scatter with cashew nuts and Thai basil, then serve.

PER SERVING 350kcal, 15g fat (5.1g saturated), 10.7g protein, 44g carbs (3.6g sugars), 0.2g salt, 3.4g fibre

WINE EDITOR’S CHOICE A fruity modern riesling is bang on with this; choose an Aussie or Chilean version.

Creamy polenta with mushroom & artichoke [v]

SERVES 4. HANDS-ON TIME 30 MIN, SIMMERING TIME 60 MIN

“This recipe is inspired by a dish we had at a wonderful hole-in-the-wall restaurant that we’ve managed to visit only once, in the Born district of Barcelona. We’ve gone half a dozen times to try to find it again, but with no luck: the winding streets leave us lost and confused. As far as we can remember, their polenta was firmer, almost like a cake, and the dish was served as a starter. Instead, we’ve made the polenta soft and creamy. To get the right consistency we used a similar method to preparing risotto, with liquid added in small amounts. We top it with fragrant garlic mushrooms, artichoke hearts and a slice or two of goat’s cheese.”



TIMESAVER TIP Use quick-cook polenta if you like – follow the pack instructions, stirring in the salt and oil/ghee at the end.

FOR THE POLENTA

- 150g coarse ground polenta (see tip)
- 2 tsp salt, or to taste
- 4 tbsp olive oil or ghee (clarified butter), or 50g butter

FOR THE TOPPING

- 2 garlic cloves, crushed
- 250g button mushrooms, sliced
- 150g marinated artichoke hearts, drained
- 4 fresh thyme sprigs, leaves picked, plus extra to serve
- 100g goat’s cheese (4-8 slices, depending on the shape of the cheese)
- Extra-virgin olive oil for drizzling

1. Put 1 litre water in a heavy-based saucepan and bring to a simmer. Heat another 500ml water in a kettle or separate saucepan. Add the polenta and salt to the first pan and stir to combine. Immediately >>

The authors

David, a magazine designer from Sweden, and Luise, a Danish nutritionist, met in Italy and live in Stockholm with their daughter. Their vegetarian recipe blog, *Green Kitchen Stories*, has been a hit. They describe their cooking as ‘healthy, natural and green’, and these recipes are from their second cookbook.



Creamy polenta with mushroom and artichoke



SPECIAL OFFER! These recipes are from *Green Kitchen Travels* by David Frenkiel and Luise Vindahl (£25; Hardie Grant). To buy it for £23 with free P&P (UK mainland only), call 01256 302699 and quote the code GLR CW3.

reduce the heat to a very low simmer and stir frequently until the water has been absorbed.

2. Continue to simmer, stirring in a little more water from the second saucepan every 5 minutes or so, for 45 minutes until the mixture is thick and creamy and pulls away from the sides of the saucepan. Stir in half the olive oil, ghee or butter.

3. Heat the remaining oil, ghee or butter in a frying pan over a medium heat. Add the garlic and mushrooms, then cook for a couple of minutes. Add the artichoke hearts and thyme, then cook for another couple of minutes until everything is tender and juicy.

4. Move the mixture to the side of the pan, then cook the slices of cheese for no more than a minute on each side. Serve the creamy polenta on plates. Top with spoonfuls of mushroom and artichokes, a slice of warm goat's cheese, a drizzle of olive oil and some thyme.

PER SERVING 448kcal, 31.4g fat (16.3g saturated), 11.8g protein, 27.6g carbs (1.1g sugars), 3.6g salt, 4.7g fibre

WINE EDITOR'S CHOICE A fresh tasting, spring-like sauvignon blanc such as sancerre.

* Chocolate bean chilli with walnuts [v]

SERVES 6-8. HANDS-ON TIME 20 MIN, SIMMERING TIME 20 MIN, PLUS SOAKING AND BOILING OF BEANS

"In Playa del Carmen, the Mexican beach town, we stumbled upon a restaurant that used chocolate in every dish. Intrigued, we tried some of the odder items such as chocolate salad, chocolate ceviche and chocolate lasagne – and we learned that not everything tastes better with chocolate! (Their desserts were amazing, though.) One Mexican dish that *is* great with chocolate is chilli, or mole (pronounced MO-lay). Our recipe is a mix between Mexican mole and vegetarian chilli. We've added walnuts for some crunch."

MAKE AHEAD

Make up to 3 days ahead and keep in an airtight container in the fridge.

Freeze the cooked chilli for up to 1 month. Defrost and reheat, garnishing at the last minute.

LUISE'S TIP You can give this dish even more depth by replacing the 250ml water with red wine

- 2 tbsp coconut oil or extra-virgin olive oil, or ghee (clarified butter)
- 1 large onion, finely chopped
- 2 garlic cloves, finely chopped
- 2 tsp cumin seeds or 1 tsp ground cumin
- 1 fresh chilli (more if you like it hot), deseeded and finely chopped
- 1 tsp paprika
- 1 tsp dried oregano
- 2 carrots, finely chopped
- 150g frozen sweetcorn, defrosted
- 3 large celery sticks (we used the leaves too), finely chopped
- 150g walnuts, very finely chopped
- 300g dried mixed beans, such as kidney, black and adzuki, black eye or borlotti, soaked in cold water overnight, then boiled in fresh water for 40-50 minutes until tender (or 3 x 400g cans cooked mixed pulses, drained)
- 2 x 400g tins tomatoes

- 2 tsp sea salt
- 60g strong dark chocolate (at least 80 per cent cocoa solids), roughly chopped

TO SERVE

- 120ml natural yogurt
- Large handful fresh coriander, leaves picked
- 4 corn tortillas, toasted over a naked gas flame or in a dry pan

1. Heat the oil or ghee in a large, heavy-based saucepan or casserole over a medium heat. Add the onion, garlic, cumin, chilli, paprika and oregano, then cook for 2 minutes, stirring occasionally, until the spices smell fragrant and the onion is slightly softened but not browned.

2. Add the carrots, corn and celery, then cook for another 2 minutes. Add the walnuts, beans, tomatoes, 250ml water (see tip) and sea salt, bring to the boil, then turn down the heat and simmer for 20 minutes.

3. Add the chocolate, stir in carefully and cook for another 2 minutes. Taste and season with salt and pepper. Serve in bowls, garnished with yogurt and coriander, with toasted tortillas on the side.

PER SERVING (FOR 8) 366kcal, 19.6g fat (5.5g saturated), 15.1g protein, 33.6g carbs (13g sugars), 1.4g salt, 9.8g fibre

WINE EDITOR'S CHOICE A soft, inviting red – nothing too heavy. I like New Zealand pinot noir.

Whole egg 'flower' curry [v]

SERVES 4. HANDS-ON TIME 25 MIN, SIMMERING TIME 25 MIN

"Egg curry is a simple, comforting, flavourful dish found all across India. Tradition says it should be made with hard-boiled eggs, but we much prefer cracking them right into the sauce and letting them slowly cook until just firm. The eggs end up with a charming, frilly, flower-like appearance (hence the name). The dish oozes Indian spices and the fresh zing of mint."

LUISE'S TIP If you have a hungry crowd, serve the curry with black or brown rice.

- 2 tbsp ghee (clarified butter) or coconut oil
- ½ tsp yellow mustard seeds
- 1 onion, finely chopped
- 2 garlic cloves, finely chopped
- 1 tsp finely chopped fresh ginger
- ½ tsp medium chilli powder, or to taste
- ½ tsp ground turmeric
- 1 tsp garam masala
- 2 x 400g tins chopped tomatoes
- 1 tsp sea salt
- 4 fresh mint sprigs, leaves removed and coarsely chopped
- 300g frozen peas
- 4 tbsp coconut cream
- 6 medium free-range eggs
- Nigella seeds to serve (optional)

1. Heat the ghee or oil in a sauté pan over a medium heat, add the mustard seeds and cook for a minute or until they start to pop. Add the onion, garlic and ginger, then cook until soft and fragrant.
2. Add the chilli, turmeric and garam masala, stir, then simmer for about 30 seconds. Add 120ml water and cook for 5 minutes. Add the tomatoes and sea salt, then cover and simmer for 20-25 minutes.
3. Stir in half the mint, the peas and coconut cream. Make 6 indentations in the sauce and carefully crack the eggs into them. Cover, turn the heat to medium and bubble for 5-10 minutes or until the whites have set.
4. Scatter with the remaining mint and a few nigella seeds, if using, and serve with a side salad, and chapatis or naan bread (see tip).

PER SERVING 331kcal, 21.8g fat (10.3g saturated), 19.5g protein, 16.3g carbs (8.4g sugars), 1.8g salt, 7.1g fibre

WINE EDITOR'S CHOICE Czech lager, or a white wine made from sémillon, a good grape to go with eggs. **A**

NEXT MONTH

Get supercharged: feelgood food, vegetarian-style

Chocolate bean chilli with walnuts





Cheers!

BY SUSY ATKINS

GRAB A BARGAIN

- **Tesco Finest Tapiwey Sauvignon Blanc 2013, Chile (£5.99)**
Gentle and fruity, with a dry, citrus-tinged finish. A versatile 'house white'.
- **Hilltop Merlot-Kékfrankos 2012, Hungary (£4.49, Co-op)**
A juicy, easy-going red full of ripe berries. Excellent value.

- **Mont Saint Jean Corbières 2012, France (£4.99 until 2 Feb, then £5.99 each for two or more, Majestic)**
This hearty red wine is both keenly priced and versatile – the spiced blackberry flavours are a great match for lasagne, steak and sausages.



FRIDAY SPECIAL

- **Cono Sur Reserva Especial Riesling 2013, Chile (£8.99, Tesco)**
Racy, nearly dry and tingling with green apple, lime and lemon flavours. Matches sushi and light Chinese dishes a treat.
- **Les Dauphins Côtes du Rhône Villages 2013, France (£8.99, Waitrose)**
A rich, smooth, southern

- Rhône red made from plummy grenache and peppery syrah. Perfect for wintry beef stews.
- **Taste The Difference Grüner Veltliner 2013, Austria (£7.50, Sainsbury's)**
A sophisticated choice. The soft lemon peel and white pepper character is great with white fish.



TREAT YOURSELF

- **Mud House Pinot Noir 2013, New Zealand (£14.99 or £9.99 each for two or more from 3 Feb until 27 April, Majestic)**
Some of the world's best pinot noir is made in the Central Otago region of NZ. This one is youthful, rounded and ripe. Pair with duck or steak.
- **Joseph Drouhin Chorey-Les Beaune 2012, France (£15.99, Waitrose)**
Strawberry and red cherry leap out of the glass. Fit for a seriously good steak.
- **Oeil de Perdrix Rosé NV Champagne, France (£30 or £19.99 each for two or more from 3 Feb until 16 March, Majestic)**
I fell in love with the dry, raspberry tang of this fizz. One for Valentine's Day.



SUSY'S TRENDWATCH



World whisky

The trend for premium whisky goes international. Hot on the heels of scotch whisky is demand for Irish, American and Japanese varieties, with an ever-intriguing selection finding its way onto shop shelves. Sainsbury's now stocks Japan's Suntory Hakushu Distiller's Reserve Single Malt Whisky (£42 for 72cl), which is smooth with light notes of wood spice, honey and cinnamon.

Flavoured bottles, especially with honey, are also growing in popularity. Try the warming, sweet Jim Beam Honey Kentucky Bourbon (from £19.50 for 70cl, Asda and Sainsbury's) – there's a maple flavour that's worth a sip, too. Staying Stateside, the richly toffee-d Hudson Baby Bourbon (£40.95 for 35cl, The Whisky Exchange) is the first (legally) distilled New York whisky since pre-Prohibition.

But that's not to say Scotch has had its day. I like the orange-tinged Arran 10 Year Old Single Malt (£33.75 for 70cl, The Whisky Exchange) served simply over ice cubes. Sometimes classic is best. **d**

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Let's eat!

MIDWEEK PROMISE

NO MORE THAN...

- 10 INGREDIENTS
- 10G SAT FAT PER PORTION
- 30 MIN HANDS-ON TIME

NO FUSS, NO FRILLS... JUST GREAT MIDWEEK MEALS



86 Easy Italian recipes for weeknight inspiration



89 A no-shop dish to inspire cupboard love



91 Carrots are this month's seasonal star



94 Thinner dinner: it's light, fresh and fabulous



95 Vegetarian gratin with a finger on the pulse



96 British bangers get a simple makeover



97 Japanese flavours everyone can enjoy



98 Start the weekend with something special

You can't go wrong with... midweek Italian



“ Italian food is my go-to cuisine for midweek dinners. The focus is on combining a few punchy ingredients and the methods are tried and tested, so it's easy to knock up something satisfying without much hassle. ”

MONIQUE LANE, ACTING FOOD WRITER



Meatballs in tomato sauce

SERVES 4
HANDS-ON TIME 25 MIN
OVEN TIME 35 MIN

- 2 fresh rosemary sprigs
- 500g pork mince (choose British free-range)
- 2 tbsp fennel seeds
- Finely grated zest 1 lemon
- 1 large free-range egg
- 40g fresh breadcrumbs
- 1 onion
- 2 tbsp olive oil
- 1 tbsp tomato purée
- 3 x 400g tinned tomatoes (mix of chopped and whole)

TO SERVE

- Polenta, steamed cabbage and parmesan shavings

1. Heat the oven to 180°C/fan160°C/gas 4. Finely chop the rosemary and put in a large bowl. Add the mince, fennel seeds, zest, egg,

breadcrumbs, and some salt and pepper. Mix well, then roll into 12 equal balls and chill.

2. Finely chop the onion. Heat 1 tbsp of the oil in a large ovenproof pan with a lid, then gently fry the onion for 5 minutes. Stir in the tomato purée, cook for 2 minutes, then add the tomatoes and some salt and pepper. Bubble for 10 minutes, stirring often.

3. In a large frying pan, brown the meatballs in the rest of the oil, then add to the sauce. Cover and put in the oven for 20 minutes. Remove the lid, then bake for 15 minutes more or until the sauce is thick.

4. Serve with wilted cabbage, polenta and parmesan shavings, if you like.

PER SERVING 404kcal, 24.1g fat (6.6g saturated), 33.4g protein, 18.4g carbs (10.1g sugars), 0.9g salt, 3.7g fibre



FOOD TEAM'S TIP
Cook the mushrooms in batches so they turn golden rather than steaming or stewing in their juices.

Mushroom panzanella [v]

SERVES 4

HANDS-ON TIME 30 MIN

- 4 tbsp olive oil, plus extra
- 200g good quality bread
- 2 garlic cloves
- 1 red onion
- 650g mixed mushrooms
- 2 tbsp sherry vinegar
- 50ml white wine
- 150g rocket
- Squeeze lemon juice
- 125g buffalo mozzarella

1. Heat 2 tbsp olive oil in a large frying pan, tear the bread into chunks, then gently fry for 3-4 minutes, stirring, until toasted. Drain on kitchen paper and season with salt.

2. Slice the garlic and onion. Heat 1 tbsp oil in the frying pan, fry the garlic and onion for 10 minutes or until soft, then remove from the pan.

3. Add the remaining oil to the

pan and turn the heat to high. Slice the mushrooms, then fry in batches for 3-4 minutes until lightly golden (see tip).

4. Return the onion/garlic to the pan, add the vinegar and wine and some seasoning, then simmer for 3-4 minutes.

5. Dress the rocket with the lemon juice and a drizzle of olive oil. Tear the mozzarella into chunks, then combine all the ingredients (include any juices in the pan) on a platter.

PER SERVING 368kcal, 22.1g fat (6.7g saturated), 13.7g protein, 27g carbs (3.7g sugars), 1g salt, 4.4g fibre



TASTE TEAM FAVOURITE
Jocelyn Bowerman,
art director

"Beautiful mixture of flavours and textures – totally yummy."



FOOD TEAM'S TIP
Sardines are bony so ask the fishmonger to debone them. You could use 300g fresh mackerel fillets instead.

Spaghetti with Sicilian sardines

SERVES 4

HANDS-ON TIME 30 MIN

- 35g pine nuts
- 2 tbsp olive oil
- 500-600g fresh sardines, filleted (see tip)
- 2 shallots
- 45g raisins
- 100ml white balsamic vinegar (Belazu, from large supermarkets), plus extra
- 100ml white wine
- 20g sugar
- 400g spaghetti
- Handful fresh parsley

1. In a dry frying pan, toast the pine nuts over a medium heat until golden, then set aside. Wipe the pan clean and heat 1 tbsp of the olive oil. Add the sardine fillets, season with salt and pepper and fry for 1-2 minutes on each side, then remove to a large bowl.

2. In a clean pan, heat the rest of the oil. Finely slice the shallots, then fry gently for 8-10 minutes until soft. Add the raisins, cook for 2 minutes, then add the pine nuts, vinegar, white wine and sugar. Boil for 15 minutes or until reduced and syrupy. Taste and season, then pour over the sardines.

3. Meanwhile, cook the pasta according to pack instructions, reserving some pasta water.

4. Drain and toss the pasta through the sardines, mix well and add a splash of pasta water to loosen – but don't make it too wet. Taste and season with salt, pepper and more vinegar if necessary. To serve, stir through chopped fresh parsley.

PER SERVING 758kcal, 24.9g fat (4.8g saturated), 39.6g protein, 89.8g carbs (22.4g sugars), 0.4g salt, 5g fibre»



Chicken with olives & radicchio

SERVES 4
HANDS-ON TIME 25 MIN
OVEN TIME 20 MIN

- 5 tbsp extra-virgin olive oil
- 2 tbsp balsamic vinegar
- 1 radicchio
- 4 free-range chicken thighs
- 1 red onion
- 2 garlic cloves
- 50g pancetta cubes
- 150ml chicken stock
- 100ml white wine
- 100g black olives

TO SERVE

- Fresh basil leaves (optional)

1. Heat the oven to 200°C/fan 180°C/gas 6. In a bowl, whisk 4 tbsp of the oil with 1½ tbsp of the vinegar. Season. Quarter the radicchio, then toss in the dressing to coat and set aside.
2. Heat the remaining oil in a

heatproof casserole, season the chicken, then fry skin-down for 6-8 minutes until golden. Remove and set aside.
3. Chop the onion and garlic. Add the onion to the casserole, fry gently for 2-3 minutes, then add the garlic and fry for 2 minutes. Turn up the heat, add the pancetta and fry for 3-5 minutes, stirring until crisp.
4. Add the stock, wine and remaining vinegar, then boil briskly. Add some pepper and the olives, then put the chicken back in the pan, skin-side up.
5. Oven-cook for 20 minutes. After 15 minutes, heat a griddle and char the radicchio for 2-3 minutes on each side. Add to the chicken; top with the basil.
PER SERVING 351kcal, 25.7g fat (5.3g saturated), 20.6g protein, 4.5g carbs (3.6g sugars), 1.4g salt, 1.5g fibre



UNDER
£5 FOR 4

Leek risotto & lemon crumbs [v]

SERVES 4
HANDS-ON TIME 30 MIN

- 4 tbsp olive oil
- 150g leeks
- 2 garlic cloves
- 1 onion
- Handful fresh parsley
- 60g fresh breadcrumbs
- Zest and juice 1 lemon
- 1.6 litres vegetable stock
- 400g risotto rice (eg arborio)
- 150ml white wine

1. Warm half the oil in a large frying pan. Chop the leeks, garlic and onion. Add them to the pan, season and fry gently for 5-7 minutes, stirring now and then, until softened.
2. Chop the parsley, then mix with the breadcrumbs, zest and some seasoning in a bowl.
3. Gently warm the stock. In a frying pan, heat the rest of

the oil and fry the crumb mix for 2 minutes, stirring, or until golden. Tip onto kitchen paper.
4. Add the rice to the frying pan, stir for 1 minute, then add the wine and cook for 2-3 minutes until reduced.
5. Slowly add the hot stock a ladleful at a time, stirring between each addition and only adding more when the liquid has been incorporated. This takes about 20 minutes. Taste the rice to check it's cooked with a little bite, then season with salt and pepper. Spoon into warm bowls, top with the crumbs, squeeze over lemon juice and serve.
PER SERVING 573kcal, 12.5g fat (1.6g saturated), 12g protein, 90.8g carbs (3.9g sugars), 2.7g salt, 2.5g fibre
✪ See Loose Ends for ways to use up breadcrumbs **4**

STORECUPBOARD SUPPER

Make midweek cooking easier with our ingredients hotlist

Puttanesca beans with spinach

SERVES 4

HANDS-ON TIME 20 MIN

SIMMERING TIME 55 MIN



KNOW-HOW

Puttanesca is a classic Italian pasta sauce but we've used beans here for a gluten-free alternative.

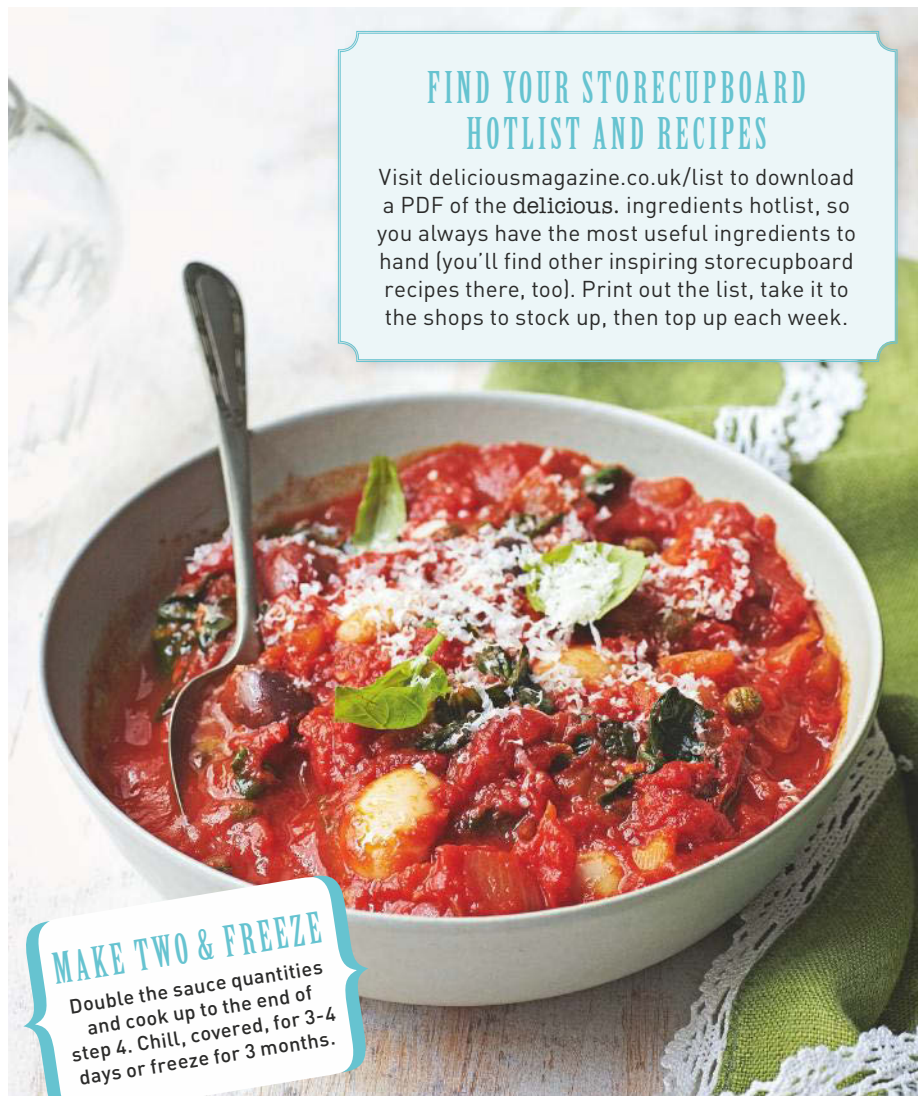
FOOD TEAM'S TIPS It's important to soften the onion and garlic without allowing it to colour. And the longer you can leave the puttanesca to reduce, the more flavour it will develop. Half an hour should be the minimum, but if you turn the heat to low and reduce for an hour you'll get a wonderful consistency and flavour. Add 1 tsp sugar to balance the acidity.

- 2 tbsp olive oil
- 1 large onion
- 2 garlic cloves
- 6 anchovy fillets in olive oil
- 4 x 400g tins tomatoes (we used a mix of plum and chopped)
- 1 large tbsp tomato purée
- 3 tbsp capers, rinsed and drained
- Large handful black olives (we used unpitted kalamata)
- 2 x 400g tins butter beans (cannellini beans are also good)
- 300g frozen spinach, defrosted and excess water squeezed out

TO SERVE

- Parmesan and fresh basil leaves

1. Heat the oil in a wide, deep saucepan over a low heat. Finely chop and add the onion, crush in the garlic and cook, stirring occasionally, for 5 minutes.
2. Add the anchovies and a little of the oil from the tin or jar. Cook, stirring, for 3-4



FIND YOUR STORECUPBOARD HOTLIST AND RECIPES

Visit deliciousmagazine.co.uk/list to download a PDF of the delicious ingredients hotlist, so you always have the most useful ingredients to hand (you'll find other inspiring storecupboard recipes there, too). Print out the list, take it to the shops to stock up, then top up each week.

MAKE TWO & FREEZE

Double the sauce quantities and cook up to the end of step 4. Chill, covered, for 3-4 days or freeze for 3 months.

minutes until the onions are soft.

3. Add the tomatoes and purée, then cook over a medium-high heat for 30 minutes to reduce (see tip). Stir every now and again.

4. Add the capers and olives, then cook for 10 minutes more, stirring occasionally. Taste and season (it may not need salt).

5. Drain the beans, rinse, then add to the

sauce to warm through. Add the spinach to warm through, then taste and season. Serve with grated parmesan and basil.

PER SERVING 236kcal, 8.6g fat (1.2g saturated), 13.4g protein, 26.7g carbs (10.3g sugars), 2.4g salt, 12.6g fibre

✪ For ways to use up tomato purée, see Loose Ends [1](#)

HAVE AN INSPIRED EASTER



ONCE YOU'VE GOT **CARTE D'OR** YOU'VE GOT DESSERT
FOR THIS AND OTHER RECIPE INSPIRATION GO TO CARTEDOR.CO.UK



CARTE D'OR ETON MESS

— STAR OF THE SEASON — Carrots

- ✓ BUY them when they're best
- ✓ SUPPORT British farmers
- ✓ TRY new recipes

WHAT TO LOOK FOR...

Choose firm, unblemished carrots, but don't eschew the odd-shaped ones. Carrots come in different sizes and colours – all are interchangeable in these recipes. If you can find heritage strains of rainbow-coloured carrots, in hues of yellow, purple, pink and white, they make beautiful additions to dishes. Look out for them in farmers' markets and some supermarkets.

FIND THE RECIPES OVERLEAF »

FOOD TEAM'S TIP

If you can't find baby carrots, substitute the same weight in normal carrots and cut into 1.5cm pieces.



Warm roasted carrot and goat's cheese salad [V]

SERVES 4

HANDS-ON TIME 15 MIN

OVEN TIME 50 MIN

Heat the oven to 200°C/fan180°C/gas 6. Peel and quarter **3 red onions** keeping the roots intact. Toss in a roasting tin with **450g baby carrots**, **2 tbsp olive oil** and **1½ tbsp caraway seeds**. Roast for 45 minutes or until tender.

Toast **40g chopped walnuts** in a pan over a medium heat, tossing, for 2-3 minutes until lightly coloured. When the veg are nearly done, halve and open out **2 pitta breads**, drizzle with **olive oil**, season and toast for 5 minutes on a baking tray in the oven until crisp. When you put the pittas in, take the carrots out and drizzle with **2 tbsp honey** and a big **squeeze of lemon juice**, then put them back in while the pittas are cooking.

To serve, break the pittas into shards and toss with the roasted veg, **100g goat's cheese**, crumbled, the walnuts, **100g watercress** and the juices from the tin to dress.

PER SERVING 437kcal, 25.7g fat (7.1g saturated), 12.8g protein, 40g carbs (19.1g sugars), 0.9g salt, 6.8g fibre

FOOD TEAM'S TIPS

Brush the pork with a little groundnut or vegetable oil to prevent sticking. Get the griddle smoking hot and don't overcrowd the pan.



Asian-style marinated pork neck with pickled carrots

SERVES 4

HANDS-ON TIME 30 MIN, PLUS MARINATING

Put **2 crushed garlic cloves** in a bowl with **2 tbsp soft brown sugar**, **2 tbsp fish sauce**, the **juice of 1½ limes** and **2 tbsp shaoxing rice wine**. Stir to combine.

Cut **800g British free-range pork neck (or leg)** into large chunks and put in a plastic bag or bowl. Cover with the marinade, toss to coat, then tie (or cover) and leave for 45 minutes – or overnight in the fridge.

Peel **4 carrots** into ribbons. Gently heat **150ml water**, **80ml white wine vinegar** and **50g caster sugar** with **1 star anise** until the sugar dissolves. Put the carrots in a bowl and pour over the pickling liquid. Cover and chill.

Heat a griddle pan on a high heat until smoking, then griddle the pork, in batches, for 4-5 minutes until cooked through (see tips). Serve with the drained, squeezed carrots and **steamed rice** (stir in toasted cashew nuts and fresh coriander, if you like).

PER SERVING 365kcal, 8.4g fat (2.9g saturated), 45g protein, 28g carbs (27.1g sugars), 0.6g salt, 3.3g fibre

MAKE AHEAD

Make and cook, chill for up to 1 day and reheat at 180°C/fan160°C/gas 4 for 10 minutes, or eat at room temperature.



Carrot, sweet potato and feta fritters [v]

SERVES 4

HANDS-ON TIME 30 MIN, PLUS 30 MIN DRAINING

Peel and grate **800g carrots**, **2 large potatoes**, **1 large onion** and **600g sweet potatoes**. Put in a colander over the sink with a big pinch of salt to drain for 30 minutes. In a large bowl, combine **5 medium free-range eggs**, **200g feta**, crumbled, **6 tbsp wholemeal flour**, **25g chopped fresh coriander** and **2 tbsp cumin seeds**, then beat with a fork until mixed.

Squeeze as much liquid from the veg as you can, pressing down hard into the colander for 1-2 minutes, then add to the egg mixture. Stir to combine and season well. Heat the oven to 150°C/fan130°C/gas 2. Heat **300ml vegetable oil** in a wok or saucepan to 180°C or until a cube of bread sizzles. Put a small handful of the mix in a slotted spoon and lower into the oil. Cook 2-3 at a time: fry for 1-2 minutes, then turn and repeat until golden. Put on a plate and keep warm in a low oven. Serve with green salad, lime wedges and natural yogurt, if you like. **PER SERVING** 381kcal, 18.8g fat (5.7g saturated), 13.5g protein, 41.7g carbs (13.1g sugars), 1.5g salt, 8.4g fibre


Pan-fried fish, spicy carrots and preserved lemon

SERVES 4

HANDS-ON TIME 30 MIN, OVEN TIME 40 MIN

Heat the oven to 200°C/fan180°C/gas 6. Chop **800g carrots** into 1.5cm rounds, on an angle. Boil for 5 minutes, drain, then put in a baking dish lined with baking paper.

Add the **finely chopped skin of 1 preserved lemon** (see tip), **zest and juice of 1 small lemon**, **½ tsp chilli flakes**, salt, pepper and **2 tbsp extra-virgin olive oil**. Toss, then bake for 40 minutes or until the carrots are cooked. Stir in a **handful of basil leaves**.

Five minutes before the carrots are ready, lightly dust **4 sea bass fillets** (or other sustainable white fish) in **plain flour** seasoned with salt and pepper. Melt a **knob of butter** and **1 tbsp olive oil** in a pan on a high heat. Cook the fish for 2-3 minutes on each side until cooked. Serve the carrots with the fish and wilted rainbow chard. **PER SERVING** 351kcal, 16.9g fat (4g saturated), 30.9g protein, 19.2g carbs (14.5g sugars), 0.6g salt, 6.7g fibre 

NEXT MONTH Spinach gets the star treatment

FOOD TEAM'S TIP

Quarter the preserved lemon and discard the flesh – you only need the skin for this recipe.



Light, fresh and fabulous



Oven-roasted salmon with chilli butter and cucumber pickle

SERVES 4

HANDS-ON TIME 25 MIN

OVEN TIME 10 MIN, PLUS CHILLING

- 1 cucumber
- 55g white sugar
- 60ml rice vinegar
- 1 tsp salt
- 1½ long red chillies
- 1 shallot
- 4 x sustainably sourced salmon fillets
- 2 tbsp light soy sauce to glaze
- 3 tbsp unsalted butter, softened

TO SERVE (OPTIONAL)

- Steamed jasmine rice and baby cress

1. For the pickle, halve the cucumber lengthways and slice into ribbons with a veg peeler, stopping at the seeds. Gently heat the sugar, vinegar, salt and 2 tbsp water in a pan, stirring until the sugar dissolves. Cool, then add the cucumber. Deseed the chillies, then finely slice 1 chilli and finely chop the remaining half. Finely slice the shallot and stir into the pan with the sliced chilli. Chill, covered, for at least 1 hour.

2. Heat the oven to 200°C/fan180°C/gas 4. Brush the salmon with soy sauce, then bake in a small baking dish in the top of the oven for 8-10 minutes until cooked.

3. Meanwhile, heat the butter in a small pan. Once foaming, add the chopped ½ chilli and stir to warm through. Before the butter turns brown, take off the heat.

4. Serve the fish with the chilli butter, pickle and, if you like, rice and cress.

PER SERVING 434kcal, 26.6g fat (8.8g saturated), 31.5g protein, 16.5g carbs (16.2g sugars), 3g salt, 0.9g fibre **d**

V IS FOR VEGETARIAN

Meat-free marvel

Celeriac and lentil gratin [v]

SERVES 4

HANDS-ON TIME 30 MIN

SIMMERING TIME 35 MIN

OVEN TIME 20 MIN

MAKE TWO AND FREEZE The dish can be prepared ahead and frozen, tightly covered, for up to 1 month. Thaw completely before baking, adding 10-15 minutes to the cooking time. Cover with foil if the top gets dark too quickly.

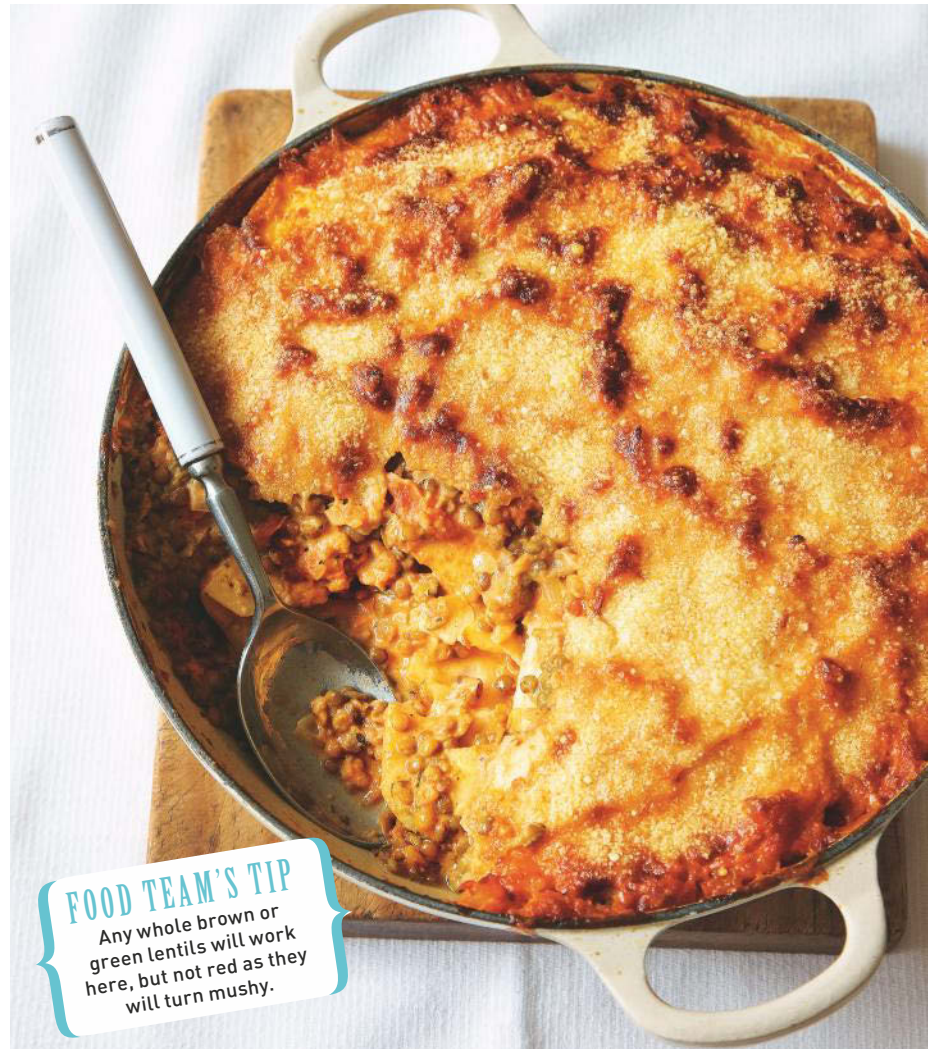
- 2 tbsp olive oil
- 1 onion
- 4 garlic cloves
- 2 x 400g tins chopped tomatoes
- 300g dried lentils (the food team used puy, but castelluccio are great if you can find them; see tip)
- Large handful fresh parsley
- 225ml double cream
- 1 celeriac (about 1kg)
- Finely grated zest and juice ½ lemon
- Grated parmesan or vegetarian alternative (optional)

TO SERVE (OPTIONAL)

- Sharply dressed green salad

1. Heat the oven to 200°C/fan180°C/gas 4. Heat the oil in a large pan, finely chop the onion, then cook gently for about 7 minutes or until soft and turning golden. Crush in the garlic and cook until fragrant, then add the tomatoes and simmer for about 10 minutes.

2. Meanwhile put the lentils in a pan and add cold water to cover by 5cm. Bring to the boil, then simmer for 20 minutes or until beginning to soften. Drain if necessary, then season with salt and pepper. Roughly chop and stir in the parsley, along with 3 tbsp of the cream.



FOOD TEAM'S TIP
Any whole brown or green lentils will work here, but not red as they will turn mushy.

3. Peel, quarter and finely slice the celeriac, then add to the tomato sauce and cook, covered, for 15 minutes or until tender. At first it will seem dry, but the celeriac will release liquid as it cooks.

4. When the celeriac is tender, add the remaining cream with the lemon zest and juice, then season well.

5. Layer the celeriac and tomato mixture alternately with the lentils in a large,

shallow ovenproof dish, finishing with a celeriac layer. If you like, grate parmesan (or vegetarian alternative) over the top. Bake for 20 minutes or until browned on top. Serve with a sharply dressed green salad.

PER SERVING 497kcal, 22.1g fat (9.6g saturated), 25g protein, 49.8g carbs (13.7g sugars), 0.9g salt, 23.6g fibre

Adapted from a recipe by Jenny Chandler from Pulse (£25; Pavilion)

THE SHORTCUT SUPPER

Make clever use of time-saving ingredients

Balsamic sausages with puy lentils

SERVES 2

HANDS-ON TIME 30 MIN

OVEN TIME 25 MIN



ONE-STOP SHOP

A 2-3 tbsp Merchant Gourmet balsamic vinegar glaze (from major supermarkets) or similar

B 250g Merchant Gourmet puy lentils (from major supermarkets)

C 200ml good quality fresh chicken stock

YOU'LL ALSO NEED...

- ☐ 4 British free-range pork sausages
- ☐ 1 celery stick
- ☐ 1 large carrot
- ☐ ½ leek
- ☐ Knob of butter
- ☐ ¼ savoy cabbage

1. Heat the oven to 220°C/fan200°C/gas 7. Put the sausages in a roasting tin and brush with the vinegar glaze, then cook for 25 minutes or until cooked through, turning halfway through and brushing with a little more glaze.

2. Meanwhile, finely chop the celery and carrot, and thinly slice the leek. Melt the butter in a saucepan over a medium heat, then add the vegetables and cook for 10 minutes, stirring

regularly. Add the ready-cooked lentils and stock, then cook for 5-10 minutes more until the veg are tender.

3. While the lentils are heating through, shred the cabbage and cook in a medium saucepan of boiling water for 2-3 minutes until tender. Drain, then serve with the sausages and lentils.

PER SERVING 462kcal, 24.3g fat (9.8g saturated), 25.9g protein, 31.6g carbs (12.3g sugars), 3.2g salt, 10.9g fibre **d**



NEXT TIME...

Chop the sausages, fry, then toss with the lentils, olive oil, lemon juice and chopped fresh parsley.

THE GLUTEN-FREE SUPPER

For everyone to enjoy

Prawn, shiitake and broccoli rice bowl

SERVES 4

HANDS-ON TIME 25-30 MIN

SIMMERING TIME 30 MIN

- 300g brown rice
- 2 medium free-range eggs
- 200g tenderstem broccoli
- 2 tbsp sunflower oil
- 100g shiitake mushrooms
- 20 peeled and de-veined raw prawns (tails intact, if possible; see p34 for how to de-vein prawns if not buying prepared)
- 1 tbsp curry powder
- 60ml tamari sauce (see Know-how)
- 1 tbsp mirin

TO SERVE (OPTIONAL)

- Mustard cress and sushi nori sheets (dried seaweed; available from the world food aisle at large supermarkets)

1. Bring a large saucepan of salted water to the boil. Add the rice and simmer over a medium heat for 30 minutes or until just tender. Drain well.

2. In another pan of water, boil the eggs for 8 minutes, then drain and rinse under cold running water. When the eggs are cool enough to handle, peel and set aside.

3. Meanwhile, chop the tenderstem broccoli into 5cm lengths, then cook in another pan of simmering salted water for 2 minutes or until just cooked but still with a bit of bite. Drain and refresh under cold running water.

4. Heat 1 tbsp of the sunflower oil in a frying pan over a medium-high heat. Slice the mushrooms, then add to the pan and cook, stirring occasionally, for 5 minutes or until browned. Add the prawns and cook for 2 minutes or until pink and cooked

through. Remove the mixture to a plate and set aside (keep warm).

5. Heat the remaining 1 tbsp sunflower oil in the frying pan over a medium heat. Add the curry powder and stir for 10 seconds, then add the drained rice and toss to combine. Taste and season.

6. Stir the broccoli, prawns and mushrooms through the rice mixture

along with the tamari and mirin. Cook for another 3 minutes or until everything is heated through.

7. Divide the mixture among 4 bowls, then top each with half a boiled egg, some mustard cress and a nori sheet, if you like.

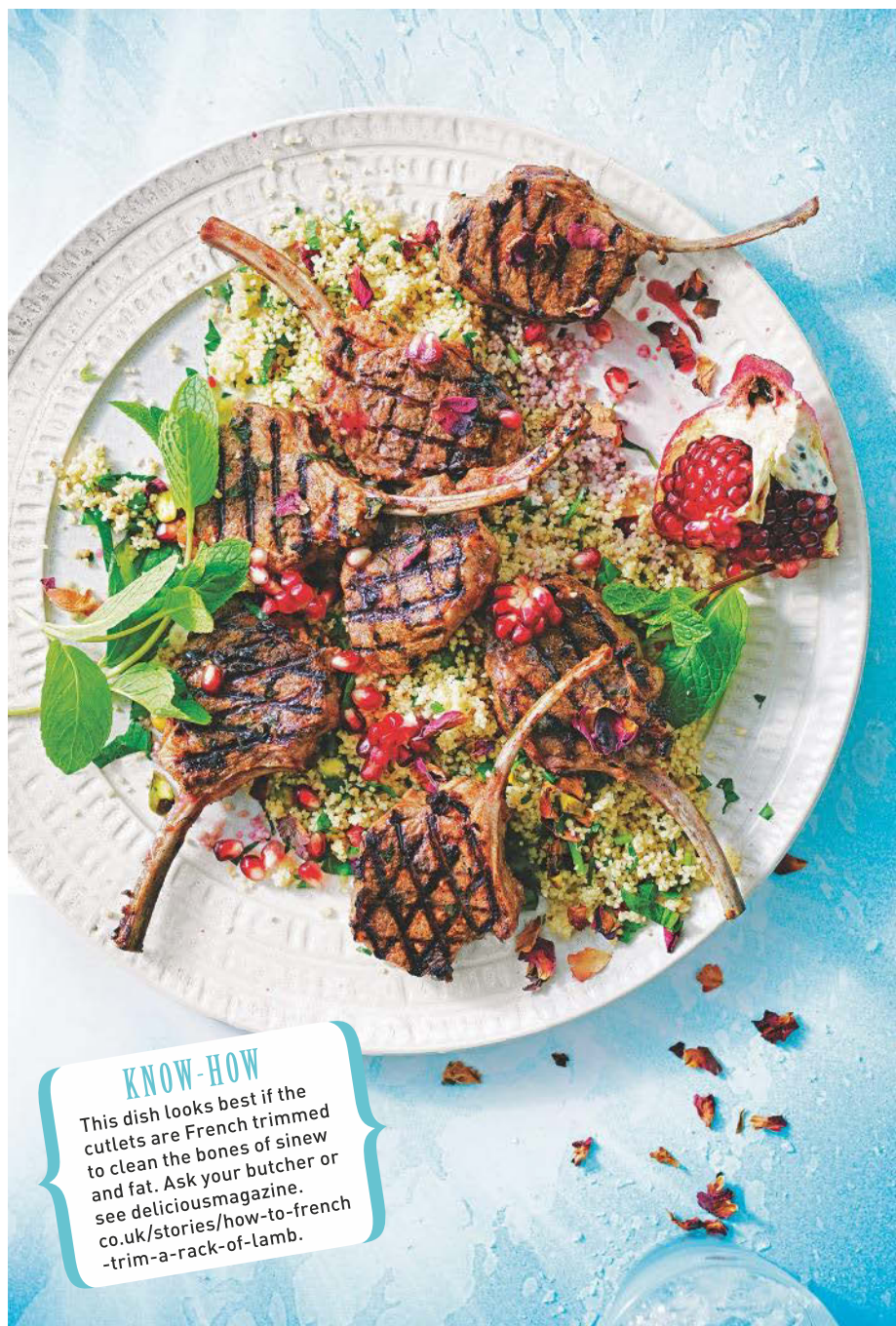
PER SERVING 450kcal, 12.2g fat (2.2g saturated), 21.1g protein, 64.1g carbs (4.2g sugars), 3.1g salt, 5.2g fibre **d**

KNOW-HOW

Tamari is a type of soy sauce that's made without wheat, so it's suitable for people who are sensitive to gluten. Find it in large supermarkets and health food shops.



Because you deserve it...



KNOW-HOW

This dish looks best if the cutlets are French trimmed to clean the bones of sinew and fat. Ask your butcher or see deliciousmagazine.co.uk/stories/how-to-french-trim-a-rack-of-lamb.

Moroccan-style lamb cutlets with couscous

SERVES 4

HANDS-ON TIME 20 MIN,
PLUS MARINATING

- 2 tbsp ras el hanout (Moroccan spice mix)
- 60ml olive oil
- 12 lamb cutlets (see Know-how)
- 1 lemon
- 200g couscous
- 35g shelled pistachios
- Large handful fresh mint
- 1 pomegranate
- 50ml pomegranate molasses (from the world food aisle of large supermarkets)

1. Mix the ras el hanout with 40ml of the oil in a shallow dish. Add the lamb, season, turn to coat, then cover. Marinate for 30 minutes.
2. Zest the lemon and squeeze half its juice into a heatproof bowl, then mix in the couscous and 1 tsp salt. Add 250ml boiling water, cover and leave for 5 minutes.
3. Meanwhile, heat a large griddle pan to high. Cook the cutlets for 1 minute, then rotate 90 degrees and cook for a minute more to create cross-hatch grill marks. Repeat on the other side for medium-rare. Set aside on a board to rest for 5 minutes.
4. Fluff up the couscous. Chop the nuts and most of the mint. Take the seeds out of the pomegranate. Stir the nuts, chopped mint and seeds into the couscous with the remaining oil and lemon juice. Season.
5. Drain the meat juices into a bowl and mix in the pomegranate molasses. Brush over the lamb. Serve with the couscous, sprinkled with the remaining pomegranate seeds and mint.

PER SERVING 659kcal, 33.6g fat (9.9g saturated), 50.8g protein, 36.6g carbs (10.8g sugars), 0.4g salt, 1.4g fibre [d](#)

Be a better cook

Welcome to our monthly cook school: 14 pages of indispensable know-how to get you cooking smarter, faster and with greater confidence



TEST KITCHEN
Techniques and tricks from the delicious, food team and friends (p100)



BE A BETTER BAKER
Perfect your savoury tarts with Eric Lanlard's tips and exclusive recipe (p104)



CHEF'S STEP BY STEP
How to prepare chicken pho with authentic Hanoi flavours (p107)



THE CHALLENGING ONE
Follow our expert guide to lipsmackingly light jam doughnuts (p110)



LOOSE ENDS
Clever ways to use leftover ingredients from this month's recipes (p113)

TIPS FROM OUR

test kitchen

The best know-how and expert tricks we've discovered, tested and heard about this month

Pimp your doughnuts



BY MONIQUE
LANE, ACTING
FOOD WRITER

If you've made the gorgeous doughnuts on p110 and want to vary things next time, try one of these ideas.

- Split doughnuts in half, spread **dulce de leche** (caramel sauce) on one half, add a scoop of **ice cream**, then top with the other half for an ice cream sandwich.
- Melt **150g strong dark chocolate** in a bowl over a pan of simmering water. Stir in **80ml double cream** and a **pinch of salt**. Serve in a bowl with freshly made doughnuts (if they're big, cut them up) and fondue forks for people to dip.
- Make a custard by heating **250ml whole milk** and the scraped seeds of **½ vanilla pod** in a pan until steaming. Put **3 large free-range egg yolks** in a bowl, whisk in **50g caster sugar** and **45g cornflour**, then slowly whisk in the warm milk. Return to the pan and cook over a medium heat, stirring, for 2 minutes until thick. Pour into a clean bowl, cover (with cling film touching the surface) and leave to cool. Pipe into doughnuts using the same method as for jam (see p111).



HOW TO RESCUE OVER-WHIPPED CREAM

BY CHEF AND
TV PRESENTER
PHIL VICKERY



When whipping cream, the moment it loses its shine and starts to go grainy is when it's on its way to being butter. Phil gave us this tip: "Pour in a cup of milk, chill the bowl for 5 minutes, then gently fold it in."

DID IT WORK? We over-whipped some cream, added milk, chilled it all, then folded it in. It looked like cottage cheese, so we beat it with a balloon whisk until smooth, then used an electric whisk and – hey presto – it turned into soft-whipped cream. It was lighter than usual, but it saves binning it.

BEST WAY TO DO IT Add a good splash of milk to the over-whipped cream, then chill and fold in. If that doesn't work, add the rest of the cupful of milk, then chill, fold in and whisk as above.

TECHNIQUE

Chopping

TIP FROM THE TANTE MARIE
CULINARY ACADEMY, WOKING

How to slice and chop safely

"Secure your chopping board on the work surface by putting a folded damp cloth – a J-Cloth or thin tea towel should do – under the board. This prevents it sliding around, which could cause the knife to slip."



COOK'S TIP 1

How to store potatoes

Keep them somewhere cool and dark but not in the fridge. Storing them in the cold turns their starches into sugars, so they become claggy when cooked.



KITCHEN FRENCH

Dégorger

The extraction of unwanted flavours from meat, fish or vegetables. Fish, offal or meat is soaked in water or milk to remove blood and impurities. Veg such as aubergines or cucumbers were often salted to get rid of bitter juices (no need these days).



Did you know? Because of its healthy reputation, some people think spelt doesn't contain gluten – but it does.



DIY clarified butter





It's good for frying because its smoking point is higher than regular butter – it doesn't burn easily – yet it has the rich buttery flavour. You can buy clarified butter, but it's easy to make your own...

HERE'S HOW Melt chopped unsalted butter in a small pan over a low-medium heat, stirring now and then until foaming (don't let it brown). Pour into a heatproof glass jug and cool. It will have a thin whiteish layer at the top, a golden liquid centre and a murky white layer at the bottom. Spoon off the top layer and discard, then gently pour the golden clarified butter into a lidded jar. Discard the bottom layer.



KNOW YOUR LENTILS

They come in many colours – yellow, red, brown, green and black. As well as tasting great, they add texture and body to soups, stews, salads and more. They're also a good source of protein and fibre. If red and green are your go-to choices, broaden your horizons...

TYPE	INFO AND HOW TO USE
Puy	 <p>Premium lentils from the soils of Auvergne in France. They're dark green in colour and small in size. They hold their shape and remain firm after cooking</p> <ul style="list-style-type: none"> ● Good in soups and stews
Green and brown	 <p>Usually less pricey than puy lentils, they're slightly larger. They break down and soften more than some of the smaller varieties</p> <ul style="list-style-type: none"> ● Ideal in salads, soups and stews
Castelluccio	 <p>Also known as Umbrian lentils, these small greenish-brown lentils from Italy have a nutty flavour and hold their shape well</p> <ul style="list-style-type: none"> ● Great in salads and side dishes
Yellow and red	 <p>Despite the colour difference, these two are quite similar. They're both skinned and split, so they cook and turn to mush quickly</p> <ul style="list-style-type: none"> ● A good choice for Indian-style dhals and soups

Soaking

There's no need to soak lentils before cooking them although, if you have time, soaking the green, brown, puy and castelluccio varieties overnight makes them more digestible – and they'll cook more evenly. Put in a large bowl with double their volume of water, leave overnight, then drain and cook as in your recipe. If you're in a hurry, put

lentils in a large pan and cover with plenty of water, bring to the boil, then remove from the heat and leave in the pan to soak for about an hour, then drain and cook.

Storing

Lentils will keep indefinitely, stored in an airtight container in a cupboard, but they're best used within two years because they toughen with age. »

Expert TECHNIQUE

BY REBECCA
SMITH,
FOOD EDITOR



Lining a tart tin with pastry

Follow these tips for a professional look



1 Roll out the pastry on a flour dusted surface until 3mm thick. Use the tart tin to measure the pastry, allowing extra all the way round to line the sides of the tin. Carefully roll the pastry around the rolling pin.



2 Unroll the pastry over the tin, then lift up the edges and ease it into position, taking care not to cut or break the pastry on the sides. Smooth the base flat carefully with the palms of your hands.



3 Break off a piece of the overhanging pastry and squeeze into a small ball. Dip it lightly in flour, then use it to press the pastry into the edges of the tin, re-dusting the ball in flour if it starts to stick.



4 When the tin is lined, roll the rolling pin over the top to trim the excess pastry. Gently press the pastry against the sides of the tin again, then pop into the fridge (20–30 min) or freezer (5 min) until completely firm.



5 Line with baking paper (scrunch it up first) or tin foil, and fill right to the top with baking beans. Bake immediately.

More pastry tips

- 1** Work quickly when lining the tin – the less the pastry warms up, the better.
- 2** Keep off-cuts of pastry until the case is baked. If it cracks you can use it like plasticine to cover the gaps.
- 3** Chill the pastry until firm before blind baking. It will be crisper and less likely to shrink in the oven.

COOK'S TIP 2

How to tell if eggs are fresh

Eggs you buy from the supermarket are marked with a best before date, so that's an obvious indicator. But if you've bought them from a farmers' market and you're not sure of the age, put the egg in a bowl of cold water...

- If it lies horizontally at the bottom, it's spanking fresh and fine to use.
- If it stands up on one end and bobs on the bottom of the bowl, it's a bit older but still OK to use.
- If the egg floats, it's stale – discard.



Can you freeze dairy food?



BY MONIQUE LANE, ACTING FOOD WRITER

The answer is, in most cases, yes, but sometimes the texture will change

MILK tends to separate in the freezer, so give it a shake when defrosted. Freeze soon after buying and don't freeze for more than one month.

SINGLE CREAM

Don't freeze (it turns watery).

DOUBLE CREAM AND WHIPPING CREAM

These freeze best when whipped before being frozen. Store for up to 3 months

BUTTER Freezes well. Cut it into smaller pieces, weigh, then wrap individually. Label with the weight and date. Use within 3 months.

YOGURT Don't freeze. The texture can be watery and lumpy.

HARD CHEESES Cheddar and parmesan can be frozen, but use for cooking afterwards as the texture won't be great.

SOFT/BLUE/FRESH CHEESES Better not to freeze, but if you do they can be used in cooked dishes once defrosted.



KNOW YOUR ETIQUETTE

How to eat dim sum

From the experts at London's Royal China Group

Chopsticks at the ready...

✓**DO** eat each dumpling in one go to get the full flavour of the components in your mouth at one time. It's also a less messy way of eating.

✓**DO** drink tea with your dim sum. The delicate flavours of chrysanthemum or jasmine teas work perfectly. In China, it's polite to pour others' tea before pouring your own.

✓**DO** tap two fingers on the table to thank the person pouring the tea – it's seen as a symbol of bowing to the person. It's handy as the Chinese drink a lot of tea and enjoy chatting, so this way they don't need to keep stopping mid-sentence.

✓**DO** share and order a lot of different dishes between the table for a variety of flavours and textures. It's not polite to



*Chinese
New Year*
**19
FEB**

take the last piece of any dim sum dish.

✓**DO** order rice with your dim sum – eat it between dumplings to cleanse the palate.

✗**DON'T** save sweet

dim sum until last. It's acceptable to get a dessert dish (such as egg custard tarts) in the middle of the meal. The tea (and the rice) freshens the palate between bites, so the juxtaposition of sweet and savoury works.

✗**DON'T** use your chopsticks to serve yourself food from the communal bowls.

IS IT WORTH BUYING...

A HANDHELD CITRUS JUICER?

NO. We find in the test kitchen that it's much quicker to squeeze a lemon with your hands, using one to squeeze and the other cupped underneath to gather the pips. Roll the fruit firmly on the work surface first for around 10 seconds. Why? Because it breaks down the flesh inside slightly and makes the lemon easier to squeeze.



READER ABI ORR SAYS...

"If you have leftover, fast-wilting salad

leaves, shred them finely and stir through rice-based dishes such as kedgeree before

serving. The colour pretties everything up, and it adds fibre and vitamins. Even salad-haters eat the lot without realising."

• Got a waste-saving tip you'd like to share? Write to readers@deliciousmagazine.co.uk



**Professor
Thompson's
food lab**

THE
SCIENCE BIT

Q Bloody juices in a chicken show it's not cooked – right?

Not necessarily. In meat (including steaks) the pink juices are not blood but a mix of myoglobin and water – a reddish protein that helps bring oxygen to the muscle so it can function properly. When heated to over 70°C, myoglobin lightens, but this is probably beyond the temperature you'd want your chicken at when you take it out of the oven, especially since the temperature will keep rising for a few minutes.

Some people are also worried when they carve the chicken and see red or purple bones. Bones are red inside because that's where blood is made. If you can see through the bones, it means the bird hasn't had the time or exercise needed to grow properly. Buy free-range chicken.

The best way to tell if your chicken is cooked is to use a probe thermometer. When inserted in the thick part of the thigh it should read 65°C. Rest the bird for 10-15 minutes before carving.



Any tips you'd like to share with other readers?

If there's a brilliant trick you've discovered in your own kitchen, email it to readers@deliciousmagazine.co.uk. We put all the tips to the test, then print the best. **a**

Be a better baker

Each month one of our expert panel of bakers answers a question posed by you. This month, Eric Lanlard reveals how to prevent the baking blunder made infamous on the Great British Bake Off – the soggy bottom



Q READER JAMES WATKINS ASKS...

I've always loved savoury tarts, but I've never managed to make one with a properly cooked pastry base, even if I've blind

baked it before adding the filling. Where am I going wrong?

A ERIC ANSWERS...

To prevent wet fillings turning pastry soggy, I blind bake my pastry case, brush it with egg yolk, then bake it for 5 minutes more to give a golden, almost waterproof seal (the process is known as gilding). I also make sure the pastry is properly cooked and crisp by using ceramic baking beans when blind baking: they transfer the heat evenly, giving consistent results – and last forever.

Eric's golden rules

- Rest the pastry in the fridge before baking to relax the gluten in the flour, which will make the tart case less inclined to shrink
- Blind bake the pastry case, lined with baking paper (it's easier if you scrunch it up first) and filled to the top with baking beans.
- Brush the case with beaten egg yolk, then bake briefly again to seal the pastry

Eric's pear and roquefort tart

SERVES 8. HANDS-ON TIME 20 MINUTES, OVEN TIME 1 HOUR, PLUS CHILLING

"Give your pastry va-va-voom and flavour by adding dried herbs, spices or finely chopped nuts."



You can make the pastry case a day before. Keep it in its tin, covered, somewhere cool. The finished tart will keep, covered, overnight in the fridge (although it's better on the day it's baked). Bring it to room temperature to serve.

FOOD TEAM'S TIPS Walnuts work well with pears and blue cheese – you could add 50g walnut pieces to the filling. Or, for a more subtle addition, chop 50g walnuts very finely, then lightly knead into the pastry.

If you don't want to be left with 2 egg whites, separate 1 egg and use the yolk to make the pastry, then beat the white and use it for brushing over the pastry before baking – it'll seal the pastry in a similar way.

FOR THE PASTRY

- 225g plain flour, plus extra for dusting
- 110g chilled unsalted butter, cut into pieces, plus extra for greasing

- 1 free-range egg yolk, plus an extra yolk, beaten, to seal (see tips)
- 2-3 tbsp chilled water

FOR THE FILLING

- 3 ripe pears, quartered and cored (we used conference pears)
- 2 tsp olive oil
- 100g British free-range smoked bacon lardons
- 150g mascarpone
- 2 medium free-range eggs, beaten
- 50ml whole milk
- 2 tsp chopped fresh thyme, plus extra sprigs to garnish
- 150g roquefort cheese, crumbled

YOU WILL ALSO NEED

- 23cm fluted tart tin with a removable base

1. To make the pastry, put the flour and a pinch of salt in a bowl, then add the chilled butter and rub in, using your fingers, until the mixture resembles fine breadcrumbs. Stir in the egg yolk, then gradually add just enough chilled water to bring the mixture together into a firm dough – don't add too much water or the dough may become sticky. (Alternatively, whizz the flour, salt and butter in a food processor until it resembles fine breadcrumbs, then add the egg yolk and the water. Pulse to bring the dough together.)



Do you have a question to ask or a baking tip to share?

Contact us via readers@deliciousmagazine.co.uk, twitter.com/deliciousmag or facebook.com/deliciousmagazine or write to us at delicious. magazine, Eye to Eye Media, Axe & Bottle Court, 70 Newcomen St, London SE1 1YT

MEET OUR OTHER BAKING EXPERTS >>>>



Richard Bertinet



Phil Vickery



John Whaite



Edd Kimber



Juliet Sear



Peter Sidwell

2. Roll out the dough into a circle on a lightly floured surface to the thickness of a £1 coin, then loosely roll the pastry around the rolling pin. Unroll it over a lightly greased 23cm fluted tart tin with a removable base, then gently push the pastry into the tin using a little ball of floured pastry to help you ease it into the tin's edges and flutes. Roll the rolling pin over the top to trim the edges. Prick the base all over with a fork, line the case with baking paper and fill with baking beans. Chill for 30 minutes.


3. Meanwhile, heat the oven to 200°C/fan180°C/gas 6. Blind bake the pastry case for 20 minutes, then remove the paper and beans and bake for 10 minutes more until the pastry begins to turn golden. Remove from the oven, brush the pastry with beaten egg yolk (see tips), then return to the oven for 5 minutes.

4. Arrange the pears in neat circles to cover the base of the case. Bake for 10-12 minutes until the pears begin to soften. Heat the oil in a frying pan and fry the lardons until golden, then set aside. Turn down the oven to 180°C/fan160°C/gas 4.

5. Put the mascarpone in a bowl and stir briefly to soften, then add the beaten eggs and milk. Stir until smooth and combined. Season with a little salt and lots of black pepper (the bacon and roquefort are salty), then stir in the chopped thyme.

6. Scatter the cooked lardons and the roquefort over the softened pears, then pour over the mascarpone mix. Sprinkle over some small thyme sprigs and bake for 25 minutes or until the filling is set and golden. Once cooked, leave to cool in its tin before removing.

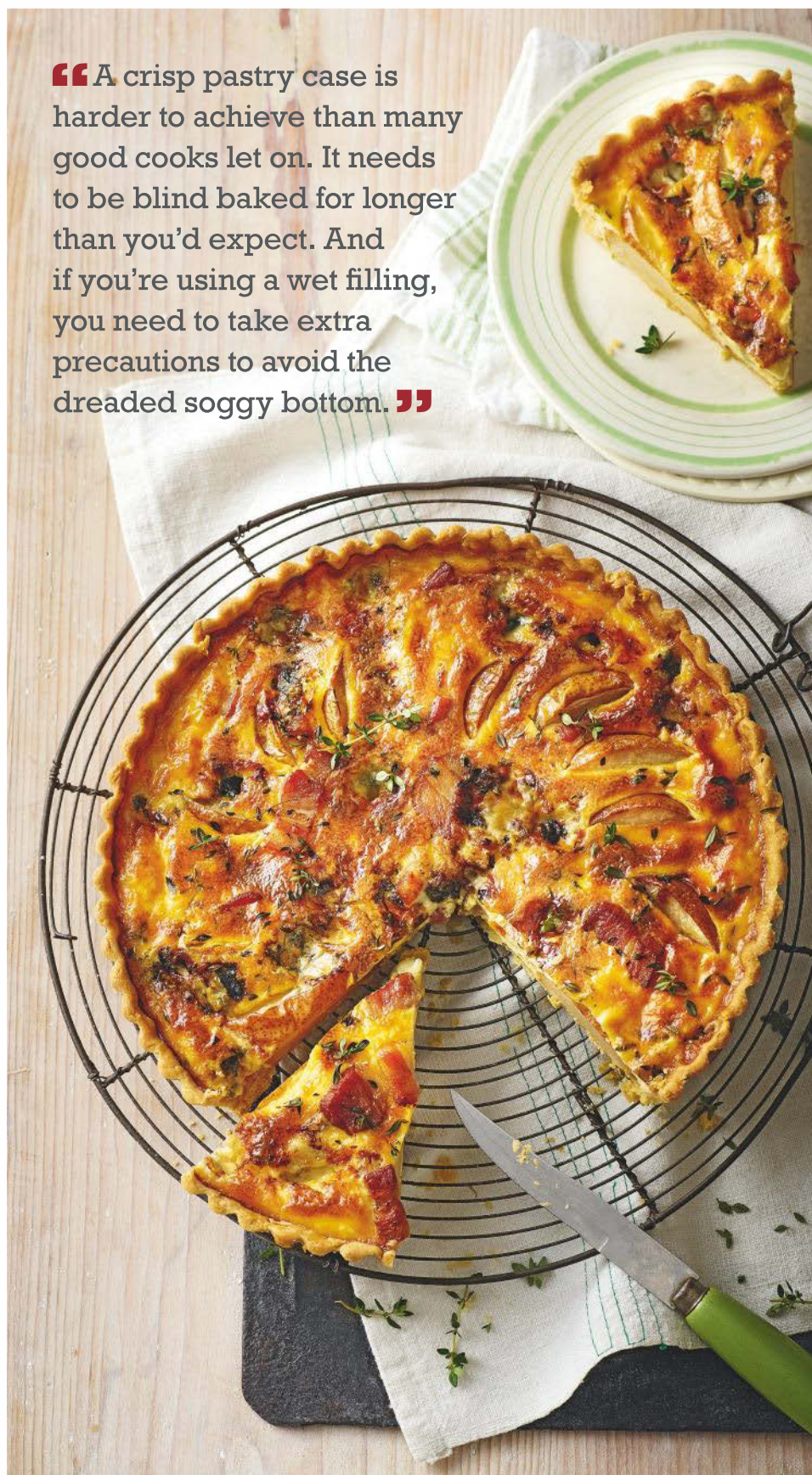
7. Serve at room temperature with lightly dressed salad leaves.

PER SERVING 444kcal, 31.8g fat (18.1g saturated), 12.3g protein, 27.5g carbs (6.1g sugars), 1.3g salt, 2.8g fibre 

NEXT MONTH

Edd Kimber on the tricks of the trade for a beautifully burnished Easter simnel cake

“A crisp pastry case is harder to achieve than many good cooks let on. It needs to be blind baked for longer than you'd expect. And if you're using a wet filling, you need to take extra precautions to avoid the dreaded soggy bottom.”



Coming next month...

delicious.



*Spring is
in the air...*

- Bake Off winner Edd Kimber's simnel cake
- Find out what Raymond Blanc cooks for Easter at home
- The best new chicken recipes from Diana Henry
- Glorious bakes and puddings inspired by children's books
- Debbie Major's fish dishes

PLUS

How to make proper biryani • Hot-cross bun fudge
Ultimate cheese toastie • Slow-cook recipes with a difference

ON SALE
1-31 March





CHEF'S STEP BY STEP

Chicken pho

By Bobby Chinn

“ Pho, the famous Vietnamese soup full of deep, complex flavours, is one of the world's great comfort foods. I used to eat pho at a great street stall in Hanoi, and was blown away by the flavours and subtlety of it. One day I asked the proprietor if she could teach me. She said, ‘You’re the chef – figure it out yourself!’ So I did. I’d appear at the stall at different times of the day and night for months, watching the process until I’d worked it out. I then introduced things to the dish that my Chinese grandmother taught me about poaching chicken. I hope you find the results as pleasing as I do. ”



PHOTOGRAPHS **CHARLIE RICHARDS**
FOOD STYLING **REBECCA SMITH**
STYLING **TONY HUTCHINSON**



Meet the chef

Bobby Chinn has a global pedigree. Coming from Egyptian and Chinese descent, he's lived all over the world and spent many years in Vietnam, where he fell in love with the country's complex, flavoursome cooking. He owns two restaurants there (one in Hanoi and one in Ho Chi Minh City), and in 2013 opened House of Ho in London's Soho.

YOU WILL NEED

- 1.2kg whole British free-range chicken
- 30g piece fresh ginger
- 30g round shallots (skin on)
- 5cm cinnamon stick
- 1 star anise
- 2 black cardamom pods (see Know-how)
- 1-2 tbsp fish sauce, plus extra if needed
- 600g ho fun noodles (flat rice noodles) ☺

TO SERVE

- Fresh coriander, mint and Thai (or regular) basil
- Beansprouts (optional)
- Fresh chillies, finely sliced
- Lime wedges
- Chilli sauce, soy sauce and fish sauce (optional)

NEXT MONTH

Hot cross bun fudge: a special Easter gift created by sweet experts Hope & Greenwood

* Chicken pho

SERVES 6. HANDS-ON TIME 1 HOUR, OVEN TIME 40 MIN, SIMMERING TIME 1½ HOURS, PLUS OVERNIGHT COOLING

KNOW-HOW

Pho (pronounced fuh) is one of Vietnam's best dishes, eaten by street sweepers and businessmen. The origin of the name is foggy, but one theory is that it derives from the time the country was under French rule, when the Vietnamese were introduced to pot-au-feu (a French beef stew). Beef pho (pho bo) is the classic version, but chicken pho (pho ga) is popular too.

Black cardamom (not to be confused with the more readily available green cardamom) has an intense, almost smoky aroma and taste. It's available from Waitrose, Ocado, Asian grocers and online.

MAKE AHEAD

Make the broth up to 3 days ahead and chill, or freeze for up to 3 months with the shredded chicken in it. Defrost and reheat. Cook the noodles and garnish to serve.

FOOD TEAM'S TIPS It's worth buying the best chicken you can find – you'll be rewarded with a fragrant, flavourful stock.

TIMESAVER TIP If you don't want to hang around waiting for the stock to heat and cool down, or don't have a cold place for it to cool safely, use this method instead: poach a chicken in 2 litres good quality fresh chicken stock topped up with 2 litres water for 40 minutes. Strip the carcass, then continue the recipe from step 4.

1. Put the chicken in a large flameproof pot and pour over cold water to cover by 4cm (you'll need around 5 litres). Gently bring to the boil over a medium heat, then turn down the heat and simmer for 10 minutes.

2. Move the pot to a cold place to cool to room temperature (see tips, right; this will take several hours or overnight – see Bobby's tips, or follow the timesaver tip). Return the pot to the heat, bring

the stock back to the boil, then simmer for 30 minutes (A). Set aside again in a cold place to cool to room temperature.

3. Lift the chicken onto a board (set the stock and pan aside). Peel off and discard the skin, joint the chicken (it should pull apart easily), then shred the meat. Chop or break the bones into pieces (B).

4. Return the chicken bone pieces to the stock (C) and gently simmer over a medium heat for about 1 hour until slightly thickened. Skim the surface every so often to remove any scum.

5. Meanwhile, heat the grill to high. Put the whole, unpeeled ginger and shallots on a baking sheet and grill for 40-50 minutes, turning occasionally, until blackened. Cool for a minute or so, peel (D), then smash the softened ginger and shallots slightly. Add to the stock.

6. In a dry pan, toast the cinnamon, star anise and cardamom over a medium heat until fragrant. Add to the stock, then season to taste with 1-2 tbsp fish sauce (see Bobby's tips for success). Simmer for another hour; you should end up with about 3 litres of stock.

7. Meanwhile, cook the noodles according to the pack instructions. Drain, then rinse off the starch with warm water from the tap.

8. Taste the broth and add more fish sauce if necessary. Strain.

9. To serve pho the traditional way, bring a pan of water to the boil. Divide the noodles among large soup bowls, then pour over the hot water and leave for a few seconds (this reheats the noodles and warms the bowls; E). Drain, then ladle over the broth. Top with some herbs, shredded chicken (F), beansprouts and chillies. Serve with lime wedges and, if you like, chilli, soy and fish sauces for people to help themselves.

PER SERVING 516kcal, 1.8g fat (0.4g saturated), 37.7g protein, 79.9g carbs (1g sugars), 0.4g salt, 0.3g fibre

☺ For more ideas for ho fun noodles, see Loose Ends



BOBBY'S TIPS FOR SUCCESS

The style

- This version of chicken pho is Hanoi-style. The broth is delicately flavoured and milder than the hit-you-in-the-face taste of pho from Ho Chi Minh City in south Vietnam. If you want to make this recipe southern-style, double the aromatics and simmer for a little longer.

The method

- The way the chicken is poached here may seem unorthodox in British cookery terms, but it results in tender and moist meat that pulls apart easily and doesn't dry out.
- When cooling the chicken and/or stock, it's important to leave it, well covered, in a cold place – a garage, outhouse or shed is ideal. As long as it is heated up and simmered properly before eating, the pho will be safe to eat. If you don't have any suitable place for it and you want to keep it in the fridge, make sure it has cooled down first before putting it in; or follow the timesaver tip, left, instead.
- There's no quick way to make proper pho. It's a time-honoured tradition in Vietnam, where cooks will tend to their stock pots for hours on end. Be patient – you'll be rewarded with a complex broth.

The ingredients

- Fish sauce brands vary hugely, so add only a little at first. Taste, then gradually add a splash or two more if you think it needs it. The fish sauce should give saltiness and depth to the broth, but it shouldn't taste overtly fishy. I like Squid Brand, available from the world food aisle in larger supermarkets, specialist Asian cookshops and online.
- When serving the pho, be generous with the herbs – they give the soup freshness and extra dimension. It's a nice idea to put extra herbs and fresh chilli slices on the table, too, with the lime wedges, so people can add more as they eat, if they like. **a**

THE CHALLENGING ONE

Jam doughnuts



Who could turn down a warm, pillowy, sugar-coated doughnut filled with jam? They may seem daunting to make, but I've created a foolproof recipe that will get you churning out doughnuts that are miles better than mass-produced shop-bought ones.

They can be dangerous, though – not because of the deep-frying, but because you'll need the willpower of a saint to stop at one.

LOTTIE COVELL, DEPUTY FOOD EDITOR



PHOTOGRAPHS TOBY SCOTT FOOD STYLING LOTTIE COVELL STYLING OLIVIA WARDLE

How we cracked it

Common problems we addressed when perfecting the recipe, and how we fixed them. As with all recipes, read it all the way through – including all the tips – before you begin

THE PROBLEM

- Heavy, dense dough

THE FIX



• Doughnut dough can be heavy and dense if you don't allow the shaped dough to prove (rise for a second time) properly in a warm room. Before cooking, make sure the doughnuts have doubled in size and that, when you touch the surface, your finger imprint remains but the dough doesn't collapse. It can take up to 2 hours for the doughnuts to prove properly.

THE PROBLEM

- The doughnuts are greasy

THE FIX



- The only way to prevent greasy doughnuts is to get the oil hot enough. If it's not, the outside of the doughnut won't cook and seal itself immediately, and the uncooked outside will let the oil soak into the dough within. Use a digital probe thermometer and make sure the oil remains at 160°C as the doughnuts cook.

THE PROBLEM

- Not enough jam!

THE FIX



• A measly portion of sweet filling is a bitter disappointment. Insert a skewer into the centre of the cooked doughnut and wiggle it about so the hole on the outside of the doughnut stays small but you're making space for the jam in the centre. Fill a disposable piping bag with jam, insert the nozzle into the hole in the doughnut, then squeeze in the jam. The doughnut will expand slightly, which is a sign your jam has filled the centre.

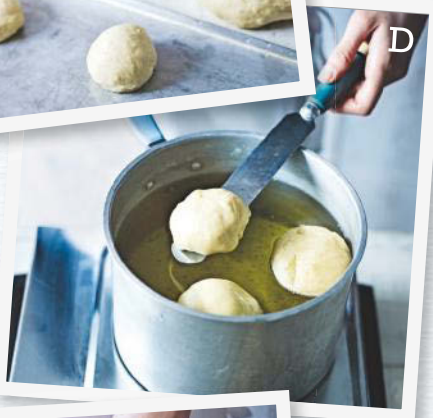
More tips for success

- Doughnut dough is quite wet and sticky, but don't be tempted to add more flour when you're kneading it in step 2 – the moistness of the dough is what gives the doughnuts their lightness. After 10 minutes of kneading the dough should feel drier and more elastic.
- A good quality, softer-set jam is best for the filling (step 8), otherwise you'll need to give it a good stir to break it up. For variety, try different flavours for the filling or use lemon curd, Nutella or even a good ready-made custard.
- You can add flavourings to the sugar for coating the doughnuts (step 8). Mix a little ground cinnamon or vanilla extract (or seeds) into the sugar, or add finely grated lemon/orange zest. »



TEAM FAVOURITE
Daisy Meager,
editorial assistant

"These doughnuts are fantastic – a light dough with a sugary, crisp exterior and plenty of oozing jam. Eat with your sleeves rolled up."



Jam doughnuts

MAKES 20. HANDS-ON TIME 1 HOUR,
PLUS RISING AND PROVING



Make the dough the day before, then leave to rise in the fridge overnight. Bring to room temperature before kneading, shaping and proving. Or make the dough up to the end of step 4 and freeze it. Defrost when you want to use, then shape and leave to rise.

FOOD TEAM'S TIP Save the oil to use for deep-frying another time.

- 7g dried fast-action yeast sachet
- 55g golden caster sugar, plus extra for coating
- 160ml warm water (hand-hot)
- 500g strong bread flour, plus extra for dusting
- 1 tsp salt
- 100g unsalted butter, cubed
- 2 large free-range eggs, beaten
- 2 litres sunflower oil for deep-frying, plus extra for oiling (see tip)
- 370g good quality strawberry jam (see tips, p111)

YOU WILL ALSO NEED

- Digital probe thermometer
- Skewer
- Disposable piping bag

1. Sprinkle the yeast and 5g of the sugar into a small jug containing the warm water. Stir to dissolve and froth up slightly. Sift the flour, the rest of the sugar and salt into a large bowl. Using your fingertips (A), rub the butter into the flour mix until it has the texture of breadcrumbs.

2. Stir in the eggs, then pour in the yeast mix. Bring together into a soft dough (add a little water if it's dry), turn out onto a lightly floured work surface, then knead for 10 minutes or until springy. If you have a mixer with a dough hook, work the dough for 5 minutes on medium. Check by pressing in a finger or thumb – the dough should spring back (B).

3. Put the dough in a lightly oiled bowl, cover with cling film and leave to rise in a warm place for 1 hour or until doubled in size.

4. Once the dough has risen, knock out the air by kneading it for 3–4 minutes on a lightly floured surface (to help it prove evenly). Rest for 5 minutes (see Make Ahead).

5. Divide the dough into 20 equal pieces, then shape into balls between the palms of your hands (C) and put on 2–3 lightly oiled baking sheets, leaving room for the balls to expand as they prove. Lightly grease a sheet of cling film, then cover the dough balls loosely. Leave in a warm place until doubled in size (1–2 hours).

6. When the dough balls have proved, partly fill a deep, heavy-based pan with sunflower oil and, using a digital probe thermometer, heat the oil over a medium heat to 160°C. Once the oil has reached the correct temperature, use a lightly floured palette knife to pick up a doughnut, then slowly ease it into the hot oil (D).

7. Fry in batches for 3–4 minutes on one side, then flip and cook for 3–4 minutes until both sides are golden brown. They float, so you may need to poke them down once or twice to help them colour evenly. Remove with a slotted spoon to a plate lined with kitchen paper. Repeat with the remaining dough. Continue to check the oil temperature – too hot and the doughnuts will colour quickly but be raw in the centre; too low and they'll absorb the oil and become greasy.

8. Once the doughnuts have cooled slightly, use a skewer to poke a hole in one side of each one, just big enough to fit the end of the piping bag in. Fill a disposable piping bag with jam, snip off the corner and carefully squeeze jam into the centre of each doughnut – you'll notice it expand slightly – then toss in a bowl of caster sugar while still warm.

The doughnuts are best eaten straightaway, although they'll keep for a day in an airtight container.

PER DOUGHNUT 186kcal, 5.2g fat (3g saturated), 3.5g protein, 31.8g carbs (13.6g sugars), 0.3g salt, 1g fibre. **A**

NEXT MONTH

Create layers of flavour to savour with our unbeatable biryani recipe

USING UP LEFTOVERS

Loose ends

Don't let this month's special ingredients linger in your kitchen – make the most of them with these smart and easy ideas

RED CHILLIES

• Chilli salsa

Whizz whole red chillies in a food processor with large bunches of fresh herbs (basil, coriander, oregano, mint and parsley work well). Add 1-2 tbsp olive oil, and lemon juice, sugar and salt to taste. Use to top grilled meat or fish, or stir through yogurt and serve as a dip.

• Arrabbiata sauce

In a pan, fry 2 chopped garlic cloves in a little olive oil. Add 2 tins chopped tomatoes and finely sliced red chillies to taste. Season and simmer for 20-30 minutes over a medium heat. Toss with cooked pasta, then serve scattered with chopped fresh parsley and grated parmesan.

From
crab
linguine
p63

to top pasta, gratins, meat, soups or grain salads.

• **Chicken schnitzel** Flatten 2 free-range chicken breasts using a rolling pin or mallet. Coat each breast evenly in seasoned flour, then dip in a light egg wash and roll in the breadcrumbs, making sure the chicken is thoroughly covered. Shallow fry both schnitzels on each side until golden and cooked through. Serve with greens and potatoes.

PICKLED WALNUTS

• A sharper welsh rarebit

Scatter chopped pickled walnuts over toasted sourdough. Prepare a basic rarebit mixture (search deliciousmagazine.co.uk), use to top the nutty toasts, then grill until golden.

• **Cheeseboard companion** Pickled walnuts are a great addition to any cheeseboard, especially when paired with creamy brie or camembert, and crusty bread or oatcakes.

From
Bar Tartine's
sweet
potato salad
p121

BREADCRUMBS

• Better burgers

In a mixing bowl, combine 500g British beef mince, finely chopped garlic, a grated onion, a little dijon mustard, salt and pepper and an egg yolk. Stir through enough breadcrumbs to bring the mixture together, then form into patties with wet hands. Heat a griddle pan until hot and fry the burgers for 3-4 minutes on each side until well browned and cooked through.

• **Pangrattato** Combine breadcrumbs with whatever herbs you have lying around, crushed garlic and lemon or orange zest. Toast in a lightly oiled pan until golden, then use

From
leek risotto
p88

TOMATO PURÉE

• Tomato sauce for pizza

Fry ¼ onion, finely chopped, in 3 tbsp olive oil until soft. Add ½ tsp chilli flakes, 1 tsp dried oregano and 4 tbsp tomato purée and cook for 2 minutes. Spread over a pizza base, then add your favourite toppings and mozzarella. Bake until bubbling.

From
puttanesca
beans with
spinach
p89



• **Tomato aioli** Blend 1 garlic clove and ½ tsp cayenne pepper in a food processor. Heat 1 tbsp tomato purée in a microwave on low-medium for 1 minute, cool, then add to the garlic mixture with 125g mayo. Blend until just combined, then stir in a handful of finely chopped sun-dried tomatoes.

HO FUN RICE NOODLES

• Asian salad

Toss cooked and cooled ho fun noodles with chicory, thinly sliced cooked duck and a light hoisin dressing made with hoisin sauce, lime juice and sesame oil.

• **Canapé wraps** Fill soaked and softened rice paper wrappers with shredded spring onion,

cooked king prawns, cooked and cooled ho fun noodles, finely chopped fresh mint and coriander, and beansprouts. Roll up and serve with a chilli and soy dipping sauce.

NUTMEG

• Spiced porridge

Put oats, water or milk and a pinch of freshly grated nutmeg in a pan over a medium-low heat. Cook for 8-10 minutes, stirring regularly, until creamy. Serve with honey, apple, walnuts and an extra grating of nutmeg.

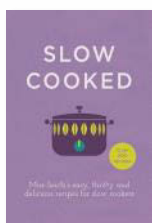
• Aromatic pie crust

Grate ¼ whole nutmeg into the dry ingredients for the pastry when making apple pie. The flavour will be a great match for the fruit filling. **a**

From
leek and ham
hock gratin
p30

From
chicken
pho
p108

Testing 1,2,3...



1 Karen Barnes' cookbook road test

THE BOOK *Slow Cooked* by Miss South (£14.99; Ebury Press)



SLOW BUT SURE (FROM LEFT) The dulce de leche coffee cake and banana ketchup impressed, but the beetroot orzotto needed a parmesan pep-up

Written by Miss South, one half of the popular *North South Food* blog, the book has a warm, lively style, which encourages you to take on the slow cooker world – and save a wodge of money in the process. All the recipes have intros peppered with draw-you-in stories. Like the blog, the book is so engaging that I was absorbed for a couple of hours... I want to meet this anonymous woman, who loves food so much and ended up writing about it when she was stuck indoors, troubled by illness. She needed to eat, yet had almost no money and had to make what she did have stretch further. Frugality is therefore a strong theme, and there's a broad range of recipes, from soups, ragùs and stews to preserves, cakes, puddings and surprises such as yogurt and preserved lemons.

QUALITY OF THE RECIPES I chose to test dishes other than the usual casseroles you expect to find in a slow cooker book. First up was banana ketchup to use up some brown speckly specimens in my fruit bowl. The recipe worked well and the ketchup had a good consistency but was quite vinegary – more a chutney than a ketchup. I imagine it will mature well. If I make it again I'll add a touch more sugar. Second on the hit list was a dulce de leche coffee cake... Could a cake really work in a slow cooker? It seems, in two-and-a-half hours, it can. The result was surprisingly good, if a tad springy. A generous pinch of salt in the cake mix would balance the flavours, and instructions on how to get the cake out of the crock would be useful (we put in a long strip of baking paper to help lift it once baked). Finally:

beetroot orzotto, made not with orzo pasta, as the name implies, but with pearl barley. This wasn't such a success. The texture had a good bite to it, but the flavour was overpoweringly earthy (nothing a hefty dose of grated parmesan wouldn't cure, mind you). **PHOTOGRAPHY** There aren't that many pictures, and they're all gathered together at the beginning – probably because it made the book more cost-effective to produce (the rest is black and white with line drawings). The pictures are all taken by Mr North, the other half of the blog-writing duo – they do the job but they aren't the reason you'd buy the book.

SUITABLE FOR... Anyone who wants accessible, money-saving recipes that open up the realms of possibility for what you can make in a slow cooker.

STAR RATING ★★☆☆☆

2 Rebecca Bourdeaux's cookery school road test

WHERE Squires Kitchen School; squires-school.co.uk

THE COURSE Gluten-free baking, £185 (includes lunch and goodies to take home)



Rebecca Bourdeaux, who's verging on coeliac, finds out the essential ingredients and techniques needed for successful baking without gluten

WHAT IT'S LIKE Squires Kitchen School is a beautiful period house in the picturesque town of Farnham, Surrey.

The big, bright kitchen beckoned me in for tea, coffee and biscuits (homemade and gluten-free, of course), giving me the chance to meet my classmates and teacher, Bea Harling. There were 10 on the course, and more than half of us (including me) were gluten intolerant – the others were professional bakers wanting to learn more for their clients.

The day was quite intense – there was a lot of learning. Bea demonstrated the recipes and we replicated them at our work stations. It was hands-on and all the more rewarding for it.

WHAT I LEARNED Bea, an amazing source of information, talked us through the different types of gluten-free flours available: what they're made from, how to use them and whether they're best suited to sweet or savoury cooking. She also explained which

types of fat work best and how ingredients such as xanthan gum mimic gluten in your bakes. She was great at answering questions – nothing seemed to faze her! One member of the class was also lactose-intolerant, so Bea talked about milk substitutes as well.

We baked a fruit cake and cupcakes topped with various icings – all of which more than passed the taste test (you'd never guess they were gluten free). I left armed with goodies and lots of useful fact sheets to take home.

THE VERDICT The day was a great success. I've made the cupcakes several times since and on each occasion they've been a hit, both with people who generally try to eat gluten free and those who don't have a dietary intolerance. The course equipped me with the knowledge to adapt recipes confidently, and it's great to be able to bake things everyone can enjoy, rather than making special recipes just for me.



NO GLUTEN? NO PROBLEM! (FROM TOP) Course leader Bea Harling; the well-equipped kitchen; scrumptious cakes everyone will want to eat

3 The taste test: Thai sweet chilli sauce

WHAT OUR EXPERTS LOOKED FOR

A deft balance of sweet and sour, coupled with a distinct but not overpowering kick of chilli. Texture is important, too – anything too gloopy got the thumbs-down.

HOW WE TEST

Our panel is made up of taste experts. We conduct our tests without packaging, so our tasters don't know who made each product or how much it costs. To prevent one tester influencing another, the panel aren't allowed to confer, so the results you read below are unbiased.

SUPERMARKET WINNER

Morrisons Sweet Chilli Sauce, 55p/330g Thick but not gloopy with flecks of chilli throughout, this sweet-spicy sauce received praise all round for just the right amount of heat.



SUPERMARKET RUNNER-UP

Waitrose Cooks' Ingredients Thai Sweet Chilli Sauce, £1.99/295ml The subtle garlicky aroma and plentiful chilli pieces appealed to tasters, as did the not-too-sweet flavour.



BRANDED WINNER

The Bay Tree Hot Sweet Chilli Sauce, £2.99/290g, from Ocado and thebaytree.co.uk Deep in colour and flavour, it has a kick of heat, earning it high marks, while the excellent consistency sealed the win.



BRANDED RUNNER-UP

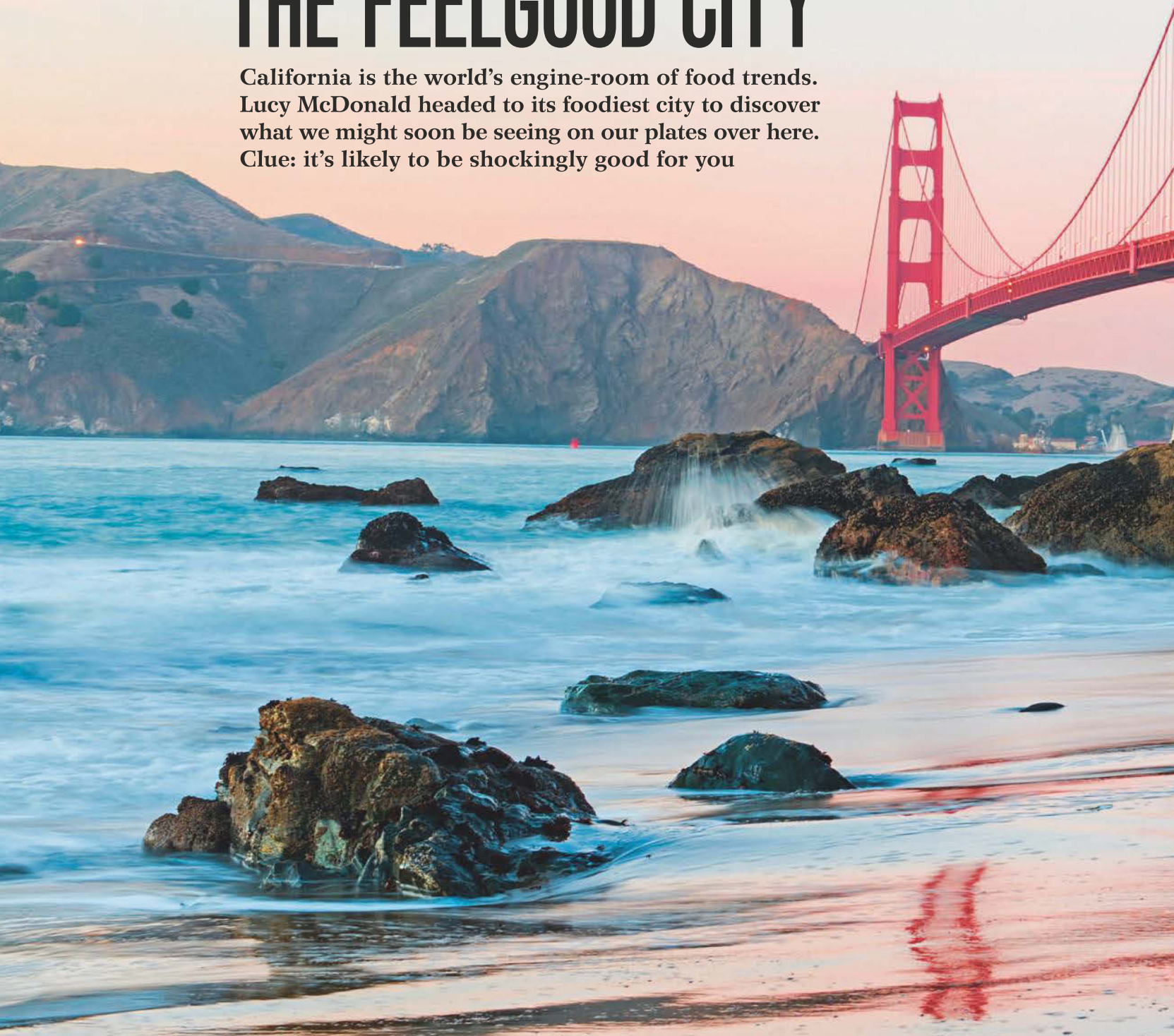
Blue Dragon Sweet Chilli Dipping Sauce, £1.29/190ml, widely available A judiciously seasoned sauce with a pleasing texture – not too syrupy or sticky. Some tasters wanted a tad more heat, though. **d**



San Francisco

THE FEELGOOD CITY

California is the world's engine-room of food trends. Lucy McDonald headed to its foodiest city to discover what we might soon be seeing on our plates over here. Clue: it's likely to be shockingly good for you





ON THE DOCK OF THE BAY, CLOCKWISE FROM TOP LEFT Cowgirl Creamery, fruit stall, Worldly Wines booze shop and a treat from Mariposa Baking Company, all at Ferry Plaza Farmers Market; Juice Shop's vintage truck; The Parsonage, an elegant B&B in Lower Haight



San Francisco is a city of two tales. One story revolves around Silicon Valley, populated by start-up millionaires and Google geeks (the all-powerful company has an office here); the other is based on the counter-cultural hippie movement, which began in the 1960s and is still going strong. While the two communities share a slightly uneasy existence (the local newspaper reports almost daily conflicts between 'old' and 'new' San Fran), the concentration of money and youth has galvanised the area, in particular its restaurant scene. If you're looking for great food in the US, the city by the bay is *the* place to go – especially if you're looking for health-conscious fare, rather than the downhome barbecue or ribsticking burgers that are all the rage in the UK right now.

That's not to say there are no restaurants for avowed carnivores in San Francisco, but the menus elsewhere in the city are so vibrant that choosing not to eat meat, dairy or gluten doesn't feel like a sacrifice. This is where health food trends take root. And if you're not sure



WHERE TO STAY

- **The Parsonage**, in the Lower Haight area north of The Mission, is a wonderful B&B. Built in 1883, it has elegantly decorated rooms, in keeping with the mansion's Gilded Age roots. The trompe l'oeil fresco in the dining room is a sight to behold over breakfast. Rooms from \$220 B&B. theparsonage.com
- If you want to push the boat out, **Inn at The Presidio**, a former military building set in a park near Golden Gate Bridge, gets five-star reviews from

all who stay. There are great views and walking trails, and it's a short stomp from the main transit centre into town. Doubles from \$250 B&B. innatthepresidio.com

BUY BEFORE YOU LEAVE

- Pick up some nut butters from the **Rainbow Grocery** cooperative (see p121).
- Stock up on kitchen equipment at **Crate and Barrel** (crateandbarrel.com) on Stockton Street, and napkins and tableware at **Anthropologie** (anthropologie.com) on Market Street.

whether a kale shake or quinoa salad is really for you, take a look at the residents – they're so glowing with health it's like being in a J Crew advert. I tried not to feel too self-conscious about my pasty British complexion and set out to get my fill of San Fran goodness...

SOMA, SO GOOD

Immerse yourself in the city vibe in SoMa, short for south of Market Street. This sprawling area adjoins the famous Union Square and is home to the museum district, as well as the not-to-be-missed Yerba Buena Gardens with its sculptures and waterfall, and a fantastic collection of eateries.

One of the great things about this city is – without sounding too Gwyneth Paltrow – the vegan food is so inspiring, in part because it's not cast aside as niche. A case in point is **Source** (source-sf.com). Its

veggie burger, made with celery, beetroot, brown rice, carrot and lentils, was so good, the word 'meat' never entered my consciousness. Source bills its menu as fast comfort food, and as I chowed down on a giant plateful, I did feel comforted. Extremely comforted.

A short walk away is **Juice Shop** (juiceshopsf.com), where 2nd Street meets Minna Street. It's the cutest place in the city to quench your thirst, as the juices are served in old-fashioned milk bottles out of a vintage van.

Cross over to the other side of Union Square and you'll come by **Millennium Restaurant** (millenniumrestaurant.com), where vegetarian and vegan fine dining is at its best. The menu is adventurous and exciting, and the dishes change regularly depending on what's in season and available from local farms. You can expect



treats such as pistachio-stuffed dates and shaved sprout salad with fried capers and tofu. It's fairly formal here but not in a stuffy way, and it attracts a loyal following so be aware: reservations are essential.

TO MARKET, TO MARKET

Perched on the edge of the financial district is **Ferry Plaza Farmers Market** (ferrybuildingmarketplace.com). It's a tourist destination in its own right, where shoppers can enjoy views of the impressive Oakland Bay Bridge while nibbling bits and pieces of the wares of 1,000-plus farmers, artisan producers and chefs whose stalls line the dock. Saturday is the best time to visit as the market is at full capacity, with piles of fresh fruit and vegetables so beautiful and flavoursome they'll woo you to consider emigrating.

Naturally, seasonal and local are

watchwords of all who sell here. Among my favourite finds were **Far West Fungi** (farwestfungi.com), whose mushrooms are packaged to look like works of art; **Ferry Plaza Wine Merchant** (fpwm.com) and its around-the-world wine collection; cheesemaker extraordinaire **Cowgirl Creamery** (cowgirlcreamery.com); and **Blue Bottle Coffee** (bluebottlecoffee.com), whose espressos will keep your endurance levels high for walking.

I was intrigued by a long queue of people at **Mariposa Baking Company** (mariposabaking.com), hungry for its gluten-free pain au chocolat, hot dog buns and pizzas. In a city known for its sourdough, the gluten-free craze may seem peculiar – sacrilege, even. But this is California, where free-from eating is rapidly becoming the norm. Could it happen in the UK too?

But while some take steps to cut >>

AND DON'T MISS...

Two of the area's most revered restaurants celebrate all that's green and sustainable:

● Greens Restaurant

The aptly named eatery in swanky Fort Mason, in the north of the city, has been around since 1979. It's part of the San Francisco Zen Center (no sniggering, please) and serves produce from its own organic farm in nearby Marin County. There are fab views over the bay and the Golden Gate Bridge, and a tree in the dining room serves to emphasise the restaurant's respect for nature and sustainability. There's a great buzz about the place. Highlights of chef Annie Somerville's menu are the green pizza and yellow finn potato griddle cakes. greensrestaurant.com



● **Chez Panisse** Head north over the Bay Bridge and you'll reach Berkeley and this acclaimed restaurant, the revered mother of contemporary Californian cuisine. Established by chef Alice Waters in 1971, Chez Panisse defined itself by supporting local producers, the organic food movement, high-quality sourcing and sustainability – all novel stuff back then. chezpanisse.com



Meet the producer

HAPPY GIRL KITCHEN

Up in Monterey County, the superbly named Todd Champagne (left) and his wife Jordan run an artisan pickling company. After years working on farms, the couple decided they wanted people to be able to enjoy California's veg all year around – by preserving them. "There's always a seasonal glut of vegetables and we wanted to preserve them beautifully. The results are full of healthy bacteria that can help with digestion," says Todd.

And so Happy Girl Kitchen was born, offering a range of pickles, jams and chutneys, which you can buy online and from Ferry Plaza Farmers Market. Todd and Jordan also run popular workshops, as well as pop-up dinners in the San Francisco Bay area. "We're based near to where John Steinbeck set Cannery Row, but we're the only cannery there now," says Todd. happygirlkitchen.com

I LEFT MY HEART
IN SAN FRANCISCO,
CLOCKWISE FROM
TOP LEFT Sweet
temptation at
Mission Pie
Bakery; cocktail
and interior at
Trickdog; San
Fran in lights



Local food hero

CORTNEY BURNS

Bar Tartine is one of the city's finest restaurants and chef Cortney Burns, along with partner Nick Balla, is at the helm.

She considers vegetables and meat as equals, and puts emphasis on naturally prepared, local and seasonal ingredients. "We work with flavour first," says Cortney. And the use of processed sugar is kept to a minimum. "Most of our cooking is based on healthy practices. We sprout, ferment and culture as much as we can to layer flavours, and we dry-char a lot of vegetables, adding animal fats right at the end."

Menu stalwarts include homemade cheese, sauerkraut, pickled vegetables, sprouted grains and the restaurant's much-lauded fresh bread, which is also sold in the nearby bakery.

Cortney assures me eating healthily and well is easy in San Francisco. "Vegetables are king here. Our farmers grow the most beautiful, delicious food – you can't help but want to eat it," she says.

things out of their diet, others want to get their five-a-day in one go: liquidised for breakfast. If you see people browsing the market with a green rim to their upper lip, you can probably trace its source back to **The Plant Café** (theplantcafe.com), on a pier near the market. It belongs to one of the city's best known juice bar chains, where avid green-juicers can get their fix with a cucumber, celery, kale and ginger juice mixed with 'health boosts' such as ground chia seeds, goji berries and turmeric. Like it or not, this is a trend that's already made it across the pond – some UK stores now stock sprout juice.

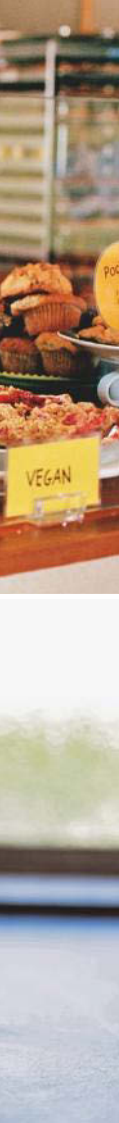
ON A MISSION TO THE MISSION

Be sure to allow plenty of time to explore The Mission District, San Francisco's coolest 'hood', in the central-eastern part of the city. The term 'melting pot' could have been coined for the area –

historically Latino, it's fast gentrifying and there's a superabundance of great places to shop, eat and imbibe.

I had my favourite meal of my San Fran trip at a Mexican vegan place called **Gracias Madre** (gracias-madre.com) in the heart of The Mission. It serves fantastic guacamole and burritos, and the organic watermelon *agua fresca* (fresh water) is the perfect pick-me-up. Later, if you fancy something stronger, nearby **Trickdog** (trickdogbar.com) shakes some of the city's most creative cocktails.

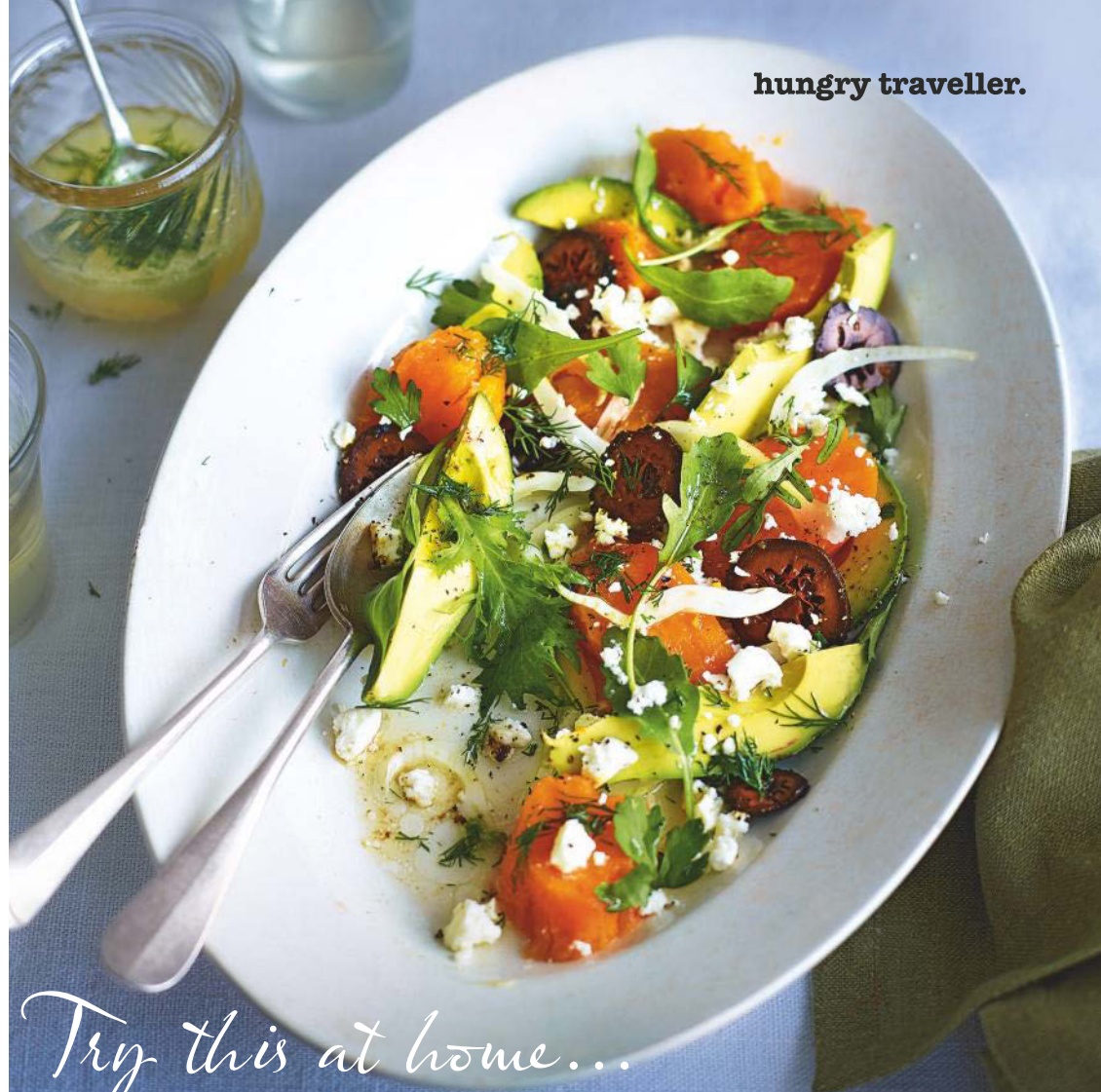
Great coffee and cakes abound here, too. **Mission Pie Bakery** (missionpie.com) offers a huge range of sweet and savoury pies, including a great-tasting vegan strawberry and rhubarb flavour, its pastry made with coconut oil instead of butter. In San Francisco, coconut is a big hit – and not just in pastry. The flesh is used as a meat



THE VALENCIA VIBE

The once rundown Valencia Street in The Mission is a great place to head for brunch. **Bar Tartine** (bartartine.com; see Food Hero and recipe, below) is a must-visit for its infectious energy and sublime menu. Quality meat takes the spotlight, but vegetables stay out of the shadows with plenty of vegan options. I'm still dreaming of the smoked potatoes and black garlic.

At nearby **Pica Pica** (picapica.com), a gluten-free Venezuelan menu includes delights such as corn pockets stuffed with meat, cheese and beans. The area is also home to health food extravaganza **Rainbow Grocery** (rainbow.coop). You could lose a morning browsing the barrels of grains and beans, marvelling at tubs of oils and jars of nut butters. Everything is reasonably priced here, unlike in some of the UK equivalents.



hungry traveller.

Try this at home...

Bar Tartine's sweet potato salad with avocado, feta and pickled walnuts [v]

SERVES 4-6. HANDS-ON TIME 20 MIN, OVEN TIME 45 MIN, PLUS COOLING

- 450g sweet potatoes
- 3 avocados, sliced
- 1 fennel bulb, thinly sliced
- 100g rocket
- 6 pickled walnuts, thinly sliced (the delicious. food team like Opies, widely available) ✪
- Handful fresh parsley leaves
- Handful fresh dill, chopped
- 125g creamy feta

FOR THE DRESSING

- Juice 5-6 lemons
- 75ml toasted walnut oil
- 2-3 tbsp clear honey
- 1 garlic clove
- 2 tsp salt
- Handful fresh dill

1. Heat the oven to 200°C/fan180°C/gas 6. Put the sweet potatoes in a baking tray and roast for 45 minutes or until tender. Set aside to cool completely, then peel and slice into thick rounds.

2. Meanwhile, in a mini food processor or blender, whizz the ingredients for the dressing until smooth and combined. Taste and season, if needed.

3. Arrange the sweet potato rounds on a large serving platter or individual plates. Top with the sliced avocado, fennel, rocket and pickled walnuts, then scatter over the herbs. Drizzle with as much of the dressing as you'd like, then crumble over the feta, sprinkle with ground black pepper and serve.

PER SERVING (FOR 6) 444kcal, 35.3g fat (24.1g saturated), 8g protein, 24.1g carbs (11.8g sugars), 2.5g salt, 7.9g fibre **a**

✪ To find ideas for using pickled walnuts, see Loose Ends

NEXT MONTH

A weekend in Prague – with some surprisingly good food

RECIPE ADAPTED FROM BAR TARTINE: TECHNIQUES & RECIPES BY NICK BALLA AND COURTNEY BURNS (£25, CHRONICLE BOOKS)

substitute, and its water is bottled and sold in every chiller in town. **Bi-rite Creamery & Bakeshop** (biritecreamery.com), a short walk from the centre of The Mission, uses coconut water and locally grown fruit to make wonderful vegan ices. It seems we Brits have developed a taste for coconut water, too, with reports of bottles flying off the shelves.

I could happily have spent a whole month in San Francisco and would still have been surprised and inspired by the variety, quality and health properties of its food and drink. I can't wait to go back. If the city has more food trends cooking, I'm excited to see what will be served up next.

Lucy travelled to San Francisco with Marks & Spencer as part of a trend-spotting trip for their healthy food range. Look out for new dishes inspired by the visit in your local store.

There's an English **apple for everyone**



Grans and Dads, Mums and kids – everyone's got their favourite English apple, and they're fresh in the shops right now!

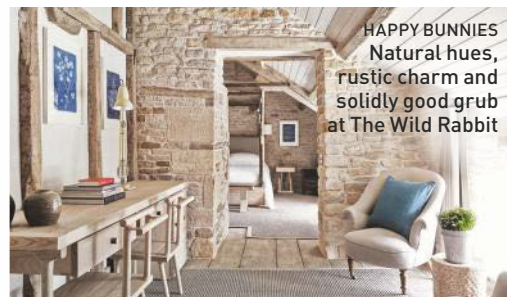
It might be a nutty Russet, a rosy Rubens®, a honeyed Cox's or a beautiful Braeburn – they're all tasty and they're all healthy eating too.

Just look for the Union Jack label.



loveenglishapples.co.uk

GREAT ESCAPES



HAPPY BUNNIES
Natural hues,
rustic charm and
solidly good grub
at The Wild Rabbit



THE WILD RABBIT Kingham, Oxfordshire (thewildrabbit.co.uk)

WHY IT'S GREAT The Cotswolds, with its gentle hills and golden-stone villages, is a bolthole hotspot. The Wild Rabbit is one of the latest old hostelries to be lovingly restored, this time to the exacting standards of Lady Bamford of nearby Daylesford Organics. It's been called 'England's poshest pub' but the car park is reassuringly free of Bentleys, the staff are smiley and the bar reverberates with local as well as plummy accents.

Country-pub lovers can tick off open fires, taxidermy and well kept local Hooky ale – though you can also order a glass of Daylesford prosecco. In summer, there's drinking and dining on the two terraces.

THE FOODIE BIT The bar does the kind of food (black pudding with poached egg and bubble & squeak, braised oxtail with mash) Dave Cameron and his pals, who live nearby, might enjoy for a kitchen supper. The dining room knocks out more show-offy fare from the copper pan-hung open kitchen.

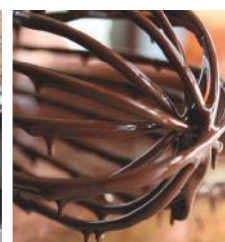
Highlights on our visit included briny-fresh tartare of scallop with

soused cucumber, and leisurely cooked loin of venison from Wootton, the Bamfords' Staffordshire estate, with cocoa nib and pistachio crumb.

Puddings, such as tartly sweet rhubarb soufflé, and dark chocolate mousse with almond milk ice cream, are expertly done. Breakfast on our visit was a little light on fruit and bereft of interesting cereals. The cooked stuff (priced extra) was better: hearty eggs benedict and local goodies with the full English.


THE ROOMS There are eight in the main building and four dog-friendly ones in an outbuilding. All have exposed brick, tongue-and-groove ceilings, unpainted beams and raw cotton fabrics. It's a symphony in beige, in a good way. There's a tree-y theme going on too: trunks for the four-posters in some rooms, twigs as coat hooks...

COST Doubles from £105 with continental breakfast; cooked breakfast £7-£13.50. Dinner about £42 for three courses. **SPECIAL OFFER:** mention **delicious.** when you book a night to receive a free wild rabbit cocktail.



VALENTINE'S WEEKEND WITH A DIFFERENCE

● Cycling and walking-tour travel specialist The Carter Company is running weekend breaks that combine walking with chocolate creativity. The tour kicks off on Friday evening with an overnight stay at the Red Lion in Wendover, Buckinghamshire, a 16th-century coaching inn. The next day, it's an invigorating circular walk through the Chilterns, with a pit-stop at a cosy pub. Come Sunday morning, guests are transferred to nearby Thame, Oxfordshire, for a 90-minute artisan chocolate-making lesson at Rumsey's Chocolaterie. Prefer to travel on two wheels? There's a similar tour for cyclists.

The Ramble With Rumsey's tour costs £295 per person, based on two people sharing a room for a two-night stay. See the-carter-company.com for more information and other tours. 

February Recipe index

STARTERS, SIDES AND SNACKS

- American-style buttermilk pancakes with crispy bacon, avocado and coriander-chilli oil **48**
- Crab linguine with chilli and coriander **63**
- Crab toasts **63**
- Crispy potatoes with rosemary and garlic **[v] 64**
- Double-baked old winchester soufflés **[v] 38**
- Farinata with rosemary and olive oil **[v] 52**
- Indian masala dosas with spiced coconut potatoes **[v] 48**
- Pea soup with gorgonzola dolce and ham hock **3**
- Pear, camembert and prosciutto wraps **20**
- Pickled pepper and sherry croquetas **[v] 19**
- Warm tenderstem broccoli spears with lemon vinaigrette **[v] 20**

MAIN COURSES

Beef

- Pink peppercorn-rubbed rump cap of beef **64**

Lamb

- Lebanese spiced lamb flatbread **39**
- Moroccan-style lamb cutlets with couscous **98**

Pork

- Asian-style marinated pork neck with pickled carrots **92**
- Balsamic sausages with puy lentils **96**
- Leek and ham hock gratin with rösti topping **30**
- Meatballs in tomato sauce **86**



- Roast spring onion, potato and Spanish ham salad with sticky sherry dressing **33**
- Sausage, radicchio and lemon gnocchi **40**
- Shoulder of pork with cider and demerara-baked apples **24**

Poultry

- Chicken laksa with rice noodles **70**
- Chicken pho **108**
- Chicken with olives and radicchio **88**
- Seared duck breasts with ruby port sauce and celeriac purée **20**
- Slimmed-down chicken korma **73**

Fish and shellfish

- Crispy garlic fried prawns with tamarind, chilli and peanuts **34**
- Oven-roasted salmon with chilli butter and cucumber pickle **94**
- Pan-fried fish, spicy carrots and preserved lemon **93**
- Prawn, shiitake and broccoli rice **97**
- Spaghetti with Sicilian sardines **87**
- Steamed scallops with garlic and vermicelli **42**

Vegetable-based and vegetarian

- Caramelised onion tart with



- walnut and parmesan crust **[v] 33**
- Carrot, sweet potato and feta fritters **[v] 93**
- Celeriac and lentil gratin **[v] 95**
- Chocolate bean chilli with walnuts **[v] 80**
- Creamy polenta with mushroom and artichoke **[v] 79**
- Hearty lentil and herb soup **[v] 70**
- Honey glazed shallots, griddled thyme flatbreads and cucumber-chilli yogurt **[v] 30**
- Leek risotto and lemon crumbs **[v] 88**
- Mushroom panzanella **[v] 87**
- Pear and roquefort tart **[v] 104**
- Puttanesca beans with spinach **89**
- Stir-fried red rice **[v] 79**
- Sweet potato salad with avocado, feta and pickled walnuts **[v] 121**
- Warm roasted carrot and goat's cheese salad **[v] 92**
- Warm sweet potato, rocket and goat's cheese salad **[v] 72**
- Whole egg 'flower' curry **[v] 80**

SWEET THINGS

- Caramel crepes suzette **50**
- Caramelised pineapple and coconut creams **22**



- Chocolate and orange custard tart with caramel **66**
- Cinnamon madeleines with winter-spiced caramel sauce **41**
- Jam doughnuts **112**
- Slow-roast rhubarb with pistachio cake **58**
- Rhubarb and vanilla Jonathan **55**
- Rhubarb and walnut crisp **56**
- Warm white chocolate rice pudding with rhubarb and passion fruit compote **56**

OTHER

- Horseradish sauce **[v] 64**
- Piña colada martini cocktail **22**
- Rhubarb vodka **58**
- Summer in February cocktail **22**
- Sherry and mushroom sauce **65**

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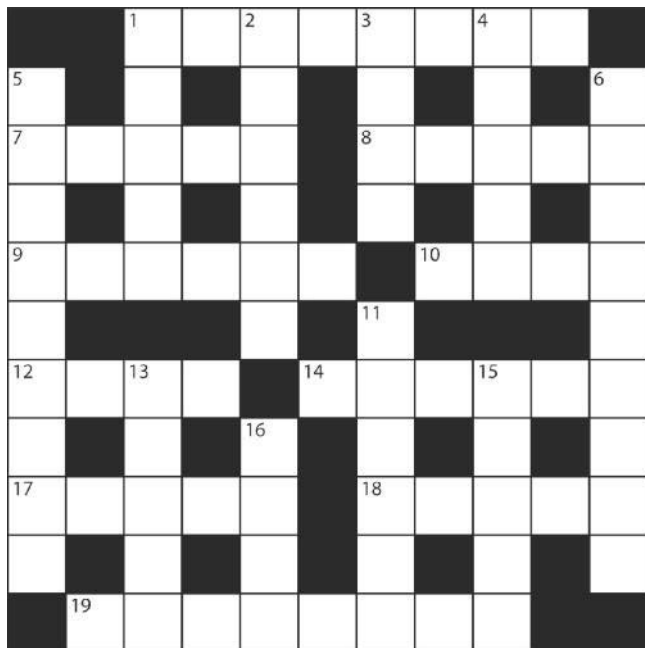
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FOOD LOVER'S CROSSWORD

No. 14



See how much you really know about the world of food with Hugh Thompson's culinary conundrum. Answers next month

ACROSS

- 1 Ginger-like spice used in Indonesian, Thai and Malay cookery (8)
- 7 Concentrated solution of sugar dissolved in water (5)
- 8 Thin soup or another name for stock (5)
- 9 Versatile nut used in sweet and savoury dishes (6)
- 10 Sharp drink made with a spirit, lemon juice and ice (4)
- 12 To pack down, especially when making an espresso (4)
- 14 Double _____: useful for melting chocolate and making custard (6)
- 17 Mixture of coffee and chocolate flavours; type of coffee bean (5)
- 18 Alloy of iron and carbon used widely for kitchen hardware (5)
- 19 Finely chopped mushrooms and shallots cooked in butter (8)

DOWN

- 1 Fermented fish paste used by Ancient Romans for seasoning (5)
- 2 Leguminous flowering plants once grown for their edible seeds (6)
- 3 Cocoa ____: roasted and crushed cocoa beans (4)
- 4 Phillipine stew made with vinegar and usually soy sauce (5)
- 5 Artificial sweetener also known as E951 (9)
- 6 Cooking method that leaves sear marks on the food (9)
- 11 Small piece or mouthful of food (6)
- 13 Chinese city known for its Portuguese-style custard tarts (5)
- 15 Long, mild-tasting alliums associated with Wales (5)
- 16 Member of the cod family – especially popular in Spain (4)

Solution to no. 13 ACROSS: 1. Bresaola 7. Torte 8. Batch 9. Raisin 10. Saor 12. Anya 14. Sansho 17. Earth 18. April 19. Maillard DOWN: 1. Burfi 2. Emetic 3. Alba 4. Latka 5. Stargazy 6. Chermoula 11. Papaya 13. Yerba 15. Scrod 16. Dhal

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EYE TO EYE MEDIA LTD, AXE & BOTTLE COURT,
70 NEWCOMEN STREET, LONDON SE1 1YT

Subscription enquiries 01795 414857 delicious@servicehelpline.co.uk
Editorial enquiries 020 7803 4100 Fax 020 7803 4101
Email readers@deliciousmagazine.co.uk **Web** deliciousmagazine.co.uk

Editor **Karen Barnes**

Deputy editor **Susan Low**

Editorial assistant **Daisy Meager**

Food editor **Rebecca Smith**

Deputy food editor **Lottie Covell**

Food writer **Rosie Ramsden**

Acting food writer (maternity cover) **Monique Lane**

Art director **Jocelyn Bowerman**

Acting art director (maternity cover) **Mark Taylor**

Art editor **Martine Tinney**

Managing editor **Les Dunn**

Deputy chief sub editor **Hugh Thompson**

Senior sub editor **Rebecca Almond**

Food consultants **Matthew Drennan, Debbie Major**

Wine editor **Susy Atkins** Gadget tester **Aggie MacKenzie**

Contributors **Anne Montague, James Ramsden**

Acting web producer **Rebecca Brett** 020 7803 4130

Promotions and marketing executive **Hannah Sherwood** 020 7803 4129

With thanks to Emmanuelle Lee,
Rhiannon Pratt and Sophie Pryn

Advertising director **Jason Elson** 020 7150 5397

Senior display sales **Catherine Nicolson** 020 7150 5044,

Candice Burrow 020 7150 5030, **Rosie Bee** 020 7150 5662

Head of print & partnerships **Nicola Shubrook** 020 7150 5037

Classified advertising **Lloyd Meeks** 020 7150 5055

Group head, digital **James Florence** 020 7150 5042

Regional business development manager **Nicola Rearden** 0161 209 3629

Managing director **Seamus Geoghegan**

020 7803 4123 seamus.geoghegan@eyetoeyemedia.co.uk

Publisher **Adrienne Moyce**

020 7803 4111 adrienne.moyce@eyetoeyemedia.co.uk

Consultant editorial director **Jo Sandilands**

Circulation director **Owen Arnot** 020 7803 4121

Production manager **Jake Hopkins** 020 7803 4110

Finance director **Gary Pickett** gary.pickett@eyetoeyemedia.co.uk

Finance manager **Adam Wright**

01733 373135 adam.wright@eyetoeyemedia.co.uk

delicious. magazine is published under licence from News Magazines and the Australian Broadcasting Corporation by Eye to Eye Media Ltd, Axe & Bottle Court, 70 Newcomen Street, London SE1 1YT. ISSN 1742-1586. Printed in the UK by Southernprint Ltd. Colour origination by Rhapsody. Copyright Eye to Eye Media Ltd. All rights reserved. Reproduction in whole or part prohibited without permission. The publishers cannot accept responsibility for errors in advertisements, articles, photographs or illustrations. Eye to Eye Media Ltd is a registered data user whose entries in the Data Protection Register contain descriptions of sources and disclosures of personal data. This paper is manufactured using pulp taken from well managed, certified forests. All prices correct at time of going to press. UK basic annual subscription rate for 12 issues, £49.20; Europe and Eire, £52; rest of the world, £64. Back issues cost £5. Member of the Audit Bureau of Circulations. delicious. is a trademark of News Magazines and ABC.

The bakery that changes lives

Daisy Meager meets a group of bakers who, after a shift making brownies, rolling out pastry and whipping cream, go back to doing stir

Deep inside London's HM Prison Brixton, I find burly men whisking cream in huge bowls, kneading dough on worktops and opening and shutting ovens, releasing wonderful, fresh-baked aromas. The men at work are prisoners, and this is the bakery designed for them, as part of Gordon Ramsay's 2012 TV show *Gordon Behind Bars*.

I'm struck by the sense of care, and of purpose, all around me. "I take pride in what I do," says Mike, an inmate. "I can make bread but pastry has become my passion. You have to know how to do it well. I'll throw a batch out if I'm not 100 per cent happy with it."

The cameras have long since left the Bad Boys' Bakery, but the aspiring bakers weren't forgotten about. The project was taken over by Working Links, a charity that helps people in difficult situations find work. And it's getting results...

A fresh start

To win a job in the bakery, inmates have to complete a job application, as well as food and hygiene courses. Once approved, the Boys, as they're known, start at the bottom and work their way up the ranks. The programme aims to equip the men with skills they can take with them once they're released, to help them into work. The Boys (around 20 in all) can go on to help with deliveries and even gain work in the area.

One inmate, David, is working towards an NVQ Level 1 in Food

Production; he aspires to open his own market stall stocking the bakery's products. David says: "Bad Boys' Bakery has given me the opportunity to do something after prison. I've been given the chance to be productive, to have something that's my own, and I want to be able to give something back."

Recipe for success

According to Working Links, around one in three of those who leave the bakery go into employment, training in the community or education. The reoffending rate for this group is just three per cent, compared to a national average of 47 per cent. It's an amazing success story – this bakery has more than just great products coming out of its doors... *The Bad Boys' products are available in cafés and restaurants around London. Find out more at badboysbakery.org* 

THE STORY OF CHRISTIAN (RIGHT), THE INMATE TURNED HEAD CHEF...

"The bakery was the best job you could have inside because you were doing something that could change your life after you were released. I worked there for nine months and had work experience at a restaurant called The Joint. They offered me a job when I was released 18 months ago and I've now worked my way up to head chef. When people come back for your food, it makes you proud."



CAKE IN THE COMMUNITY
Some of the goodies the inmates make are sold in London cafés

The names of some people in this article have been changed to protect their anonymity.



Every food has its day? I don't think so

By Chloe Scott-Moncrieff



Every day it seems there's another food commanding attention, respect – and pride of place on our calendars. Do most of them deserve such an honour, though? This food writer thinks not

Happy World Pasta Day. Have a great National Apple Day. What a great Raisin Week it's been this year... Can you ever imagine saying anything like that? Of course not – unless you're secretly a PR for the Italian pasta council or the raisin industry. So why do the bodies that represent various foods insist on trying to cram these made-up days into our already crowded calendars? The concept is tired.

As a food journalist, I receive press releases every day exhorting me to 'get ready' for the likes of Pretzel Day (what should those preparations entail, exactly?). It's a constant irritation. But the day I cracked was during a particularly busy week on a national newspaper, when I was called away from my desk to reception to greet a giant fluffy tomato. (It was Tomato Week, apparently.) I resisted the urge to turn the poor jobbing actor or

whoever was inside to purée.

There are so many products competing for their own special day on the calendar that there aren't enough days to go round – which is why Potato Day exists not once but twice. The West Midlands has one founded by the Potato Council for all UK potatoes, and Cornwall has one just for the enjoyment of

“There are so many competing products, there aren't enough days to go round”

Cornish potatoes. Having two such similar events is like a duller version of the movie *Groundhog Day*.


It doesn't have to be like this. In principle, having an allocated period to raise awareness of British produce, such as potatoes, can be relevant and purposeful, particularly if it's for championing culinary traditions that might otherwise be forgotten. National Marmalade Week, which launched in 2012 and starts at the end of February, has never been more necessary in light of the declining sales of Paddington Bear's favourite treat, as shoppers turn to arriviste toast-toppers such as biscuit-flavoured spreads. It incorporates a worldwide marmalade making competition too, as delicious. reported last month.

Campaigns can also work for international products. The UK's

Fairtrade Fortnight, held each February-March since it launched in 1995, has done a sterling job in alerting consumers to the ever-improving Fairtrade wines, coffee and other produce, which bring fairer prices to farmers in developing countries. The brand's promotional two-weeker is effective: 78 per cent of the UK public now recognise the Fairtrade mark.

Then there's Chocolate Week. It's a slick operation with events UK-wide, culminating in an exhibition at Olympia that draws chocolatiers and growers from the world over.

Where a lot of thought and work have gone into the impact and goals of campaigns, such dates do merit a place on our calendars. But – and I don't want to get all metaphysical here – simply naming something doesn't mean it exists. Saying 19 April is National Garlic Day is essentially meaningless.

The media has to take some of the blame. It's been too easy to fill a gap on a page with a nugget of info and a nice picture, especially when it arrives ready-packaged in your inbox. But enough is enough. It's time to bring some reason to bear. 

Does Chloe's opinion of these special days annoy you? Or do you agree? Tell us your view at readers@deliciousmagazine.co.uk and we'll print the best.





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